

MUSUQ CHASKI

"THE NEW MESSENGER"

ProjectsAbroad

The official Newsletter of Projects Abroad Peru

April 2013



A couple of times a month volunteers are taken for walks to different sites where regular tourists usually do not go, this was a hike to the ruins of "Ancasmarcha" at 3700 meters high a pre Inca site 9 kilometers from Calca.

Editorial

Holy week in the sacred valley. Pg 2

Volunteer stories

Kristina Prunskis, 18, USA, Nutrition Program, 2 months Pg. 3 & 4

"The most wonderful journey of all my 18 years."

Arne Klumb, 20, Germany, Teaching program, 3 months Pg. 5 & 6

..."so we provide the students with something that enables them to climb up the social ladder."

Projects update

See what is going on at our projects in Peru. Pg. 7

To our friends Pete and Jorge

Words of recognition to a couple of great guys who left our team Pg. 8

Peruvian Cuisine

"Chupe de Camarones" – Shrimp chowder -



Holy Week in the Sacred Valley

By: Jennifer Byrne

There is certainly a change in the air here in the Sacred Valley this month. The mornings and evenings have started to cool a little, whilst the sun is scorching during the day as the clouds finally leave the valley. And with little rain over the last few weeks, things are starting to dry out at last.

The end of March saw the festival of Semana Santa, a week-long celebration up to and including the Easter weekend. Since the Spanish conquest in the 16th century, Catholicism has spread throughout Latin America, becoming the basis of society, and Peru is no exception. In Cusco and Urubamba, as in most parts of Peru, there were numerous processions, masses and various festivities throughout the week. Many of these were solemn affairs, including processions carrying Jesus on the cross, the ceremonial washing of children's feet and a nighttime vigil on the Saturday night before Easter. Early on Good Friday, residents of Urubamba hiked up to the cross that overlooks the city, carrying another wooden cross, for a session of penitence with the local Priest.

Of course it was not all seriousness and solemnity. The main square in Urubamba became awash with color on the Friday night when various community groups creating large-scale artworks with colored saw dust on the streets. Many volunteers also had the chance to partake of the

"Doce Platos" (The Twelve Plates) with their host families, a lunch on Maundy Thursday to commemorate the Last Supper. Twelve typical dishes - such as sopa de lizas (a kind of potato soup), sopa de camaroncillo (prawn chowder), saltado de trucha (trout fried with potatoes, tomato and onion), arroz con leche (rice pudding) and empanadas (sweet pastries) - are prepared to represent the 12 apostles. It is certainly quite a marathon!

All the projects are in full swing after the summer holidays, allowing teaching, care and sports volunteers to really get "stuck-in". With the rains easing, volunteers on the Inca Project are starting to get out and about more too, experiencing first-hand the natural and man-made wonders surrounding them. To find out more about what everyone has been up to and what's going on in the projects, read on!



*Kristina Prunskis, 18, USA,
Nutrition Program, 2 months*



Now that I'm back home and my experience in Peru and with Projects Abroad is left as a memory, I am finally able to step back and see everything as a whole. How is it that in only a few months, I can make the closest friends I have ever had, I can work the hardest I have ever worked, I can be as scared and vulnerable as I have ever been in my entire life, I can learn and experience more than all of high school combined. How is it that in only a few months, a strange and unknown place became my home?

Every day, from Spanish lessons to working with nutrition, from hikes to Machu Picchu to jamming on the dance floor on weekends, new and fantastic people were coming in and out of my life creating the most wonderful journey of all my 18 years.

I remember one day, I was sitting beside a mother of three little kids during a nutrition workshop taking pictures of EVERYTHING. The mother asked if I could take a picture of her daughter and I suggested that instead, I take a picture of her AND her daughter together. When I showed that mother and her little girl the photo I had taken of them, they teared up and asked if I could print it out for them to keep.

It suddenly hit me that these two had never had their picture taken, let alone one together- mother and daughter.

I also remember once when a three year old boy came in and I came to him fully prepared with a stack of paper and handful of crayons, only for his older sister to tell me that he didn't know how to color and was a hopeless cause. It may have taken about an hour, but I finally got that little boy scribbling on pieces of paper like it was nobody's business! Can you imagine walking into a room full of kids, except none of them know how to color or paint, or make up silly games using their imagination? Yeah, before Peru, I couldn't either.

One last memory from working in nutrition was a true wake up call to me. Many of the mothers that come in are abused by their husbands with the children often getting in the way. During one of our house visits, I was given a head's up by Rosa, the woman I was working with that day, about the next family's current living situation. The father was physically and verbally abusing both his wife and his son. The Center of Vigilance knew about it and often checked up on the house due to the wife's often cries for help.

Rosa and I walked through those doors, and I listened as Rosa was lecturing the dad about how terrible abuse was and how alcohol wasn't a solution to anything and blah blah blah...at first, my first world instincts kicked in and I was flooded with thoughts like, "why aren't these children being taken away from him" and "why hasn't the wife left him." It didn't take me long to come to my senses. If his son and the rest of his kids are taken away, they are guaranteed to live a life fifty times worse than the one they are living now. It's the only chance they have to survive, and everyone knows that. This is the absolute best choice for them.

"Peru is a totally different world" Wrong.

It seems like Peru is a completely different world, but it's not; this is the exact same planet. I have literally stared at a map over and over and over again trying to figure out how in this one world, people's lives can be so diverse and just...different. And even with all the facts, statistics, and explanations, I still can't seem to wrap my mind around it, but I'm not sure I ever will.

This experience was life-changing. I know that sounds cliché, but it's true. I never would have experienced any of this if Projects Abroad didn't help me out through and through. Shout out to Projects Abroad for having a wonderful purpose, a spectacular mission, and an inspiring team.



*Arne Klumb, 20, Germany,
Teaching program, 3 months*



I chose to come to volunteer for various reasons. I wanted to experience something new, something unique. I had the wish to leave western society and my protected home to go to a place where the way of life is very different from ours in many ways. Moreover I wanted to help people and I think one of the best ways to do this is to help educating the children and teenagers.

English is an underrated subject in Peru. Often the English teachers have never studied English, but are for example math teachers who do these lessons in order to get the number of working hours they need per week. Due to this fact the teachers themselves speak English very poorly and obtain their knowledge from school books. There are teachers whose English is very good but there are also some like my teacher who can barely answer the question: "How old are you? ". So the volunteers are mainly there to help with the pronunciation and to come up with creative ideas for games, activities, posters etc. So Projects Abroad enhances the way English is taught and makes the English lessons more interesting and attractive to the students. The English language becomes more and more important globally and in Peru as well, so we provide the students with something that enables them to climb up the social ladder.

The way things were going for me was a little bit different than usual. As I mentioned earlier my teacher barely spoke any English and besides that there were also some other problems with this teacher. So the first day I entered class he wanted me to tell him which grades I would want to grade students reading performance... A few days later I basically took over the class because he was not prepared at all and wanted to teach advanced English even though none of the students including him could introduce themselves. So I started over from scratch, I made posters, worksheets, thought of games or asked other volunteers for ideas. In the beginning it was pretty hard because I barely spoke Spanish and the teacher and the students barely spoke English, so we couldn't really communicate and as a teacher it is very hard to control a class when you don't even understand what they are saying. I was teaching the whole school except one class and it turned



out that he was teaching the same stuff to all the classes no matter if the students were 10 or 18 years old. So I changed the topics and tried to adjust the lessons according to the age of the students.

As a volunteer you learn a lot. You gain self-confidence from speaking in front of so many students whose language is not yours. For example, in the middle of my stay we started a second teaching project, we taught English to people who sell their goods at the tourist markets. When another guy from Germany and I started the class, we stood in front of 70 adults but it wasn't that much of a problem anymore since we were used to it. In addition your perspective on many things changes as you get to know a different culture, live in a new family and see how people who are rather poor live happily. The western and the Peruvian culture are very different from each other for instance I won't forget when my host mum started crying more than a week before I left because she was so sad that I would leave so soon, so there is a lot to discover and to experience!

At the beginning I always got a little mad because my students did not do their homework. Then I took a walk through the village and saw my students walking towards the fields with a pick on their shoulder right after school. Of course they don't do homework when they work on the fields all day!

Inca

ARCHAEOLOGY: Volunteers have finally been able to work up Q'ochapata again this month and we have been clearing some of the archaeological structures in preparation for excavations later this year. We also visited Inca Carcel and had a lesson on the Inca site 'Machu Picchu'. We had the chance to do a little exploring in sector III of Q'ochapata too.

MAINTENENCE: Volunteers helped painting wood preservative on the roofing space above the staff quarters and have also been helping with moving building materials to help the builder with the ever expanding Inca Project.

COMMUNITY WORK: The volunteers have continued to work on the education boards to help pre-school children but on Wednesday 20th Project Supervisor Daniel O'Shea and Archaeologist Jhon Valencia went to Quillabamba with local shop owner Julio Vega who kindly helped with his truck to transport materials, to buy supplies for the Huyro flood victims. We purchased beds, mattresses, bedding and blankets, pots, pans, plates, cutlery and school materials for children amongst many other things. On Thursday we met with two families and donated these materials on the behalf of people worldwide who made a contribution to help some of the people affected by the flash flood on February 12th 2013. Though it was quite an emotional meeting for all it was obviously a very, very worthwhile gesture. A huge thank you must be said to all that made a contribution.

Sports have continued in Establo with the local teachers coming to play football against the volunteers and staff.

SOCIALS: After football in Establo on Wednesday 20th some of the project staff, volunteers and local teachers went to 'The Mega Disco' in Establo for a night of dancing and to let their hair down.

Care

The classes at our Care partners started on March 11th, the week before teachers had training at their respective Ugels (Local Education Management Units).

The volunteers who worked on the summer school noticed the big difference now when they have to work with teachers who are in charge and have a curriculum to follow. The main job of a volunteer now is to help the teacher in various classroom activities like: teaching kids to wash their hands, brush their teeth, help with lunch, arrange the class, and help the teacher with teaching activities. Our volunteers after a few workshops are ready to take educational materials and work their own activities; these activities help children learn in a more dynamic and interactive manner.

Our volunteers work mainly during the morning, which gives them sufficient time to prepare their activities during the afternoons when they are welcome to the main office where we keep a good stock of goodies.

This month the volunteers we sadly said goodbye were: Mami, Libby, Andrea, Frida, and Silje. We also saw Tabhita, Andrea and Nanna going to work at other projects. We welcome all the new guys that are arriving, wishing them a good time in Peru and especially at their placements.

Teaching

In the Teaching Project, we have ten volunteers from different parts of the world that share their culture in the schools and meet our Peruvian culture; they are assisting the teachers at our partner schools –more than 20- all through the Urubamba valley and Cusco. Last week Olivier Mortimer who is from France enjoyed playing the cajon, a Peruvian percussion instrument and made the class more meaningful and special, which is something students will always remember. Ida Callesen who is proud to be Danish shared a song from Denmark with the students who were glad to listen to a different language from somewhere else in the world.

Bryony is shining in her school; she is very energetic and very enthusiastic during the English class at Agro Calca. She is so committed to the school that she helped her teacher during the holy week to make the very popular carpet made of flowers with an artistic drawing related to the religious holiday.

All volunteer are sharing their experiences and discussing new ways to teach more effectively at our weekly workshops.

To our friends Pete and Jorge



*From left to right back: Tati, Zenobio, Tim, Yessi, Pete, Jorge, Daniel, Iollan, John
From left to right front: Tiago, Demo, Tali, Paty, Ira; Raúl*

Workers at Projects Abroad Peru - Urubamba, help each other and corroborate the work we do towards improving some of the social problems people face at the Sacred Valley of the Incas. In recent years, we have had the opportunity to work with two people who from their own visions have left us: memories, joys, experiences and lessons. Proud of the accomplishments of Jorge Espinoza and Pete Ward, we recognize their hard work and sincere friendship during the time spent with each of us.

Jorge, who initiates a new stage in his careers, leaves us the example of perseverance and fellowship. It's hard not to remember the patience and tranquility whilst performing his job, the people who started working at around the same time as he did, will not forget his motivating words urging us to believe in our work.

Pete, Desk Officer and Nutrition Supervisor, proved to be more Peruvian than many of us. His determination and perseverance, with strong vision to change our reality, were his best legacy. We will fondly remember his jokes, which are embedded in every corner of our office.

We continue with our activities, new goals and objectives are arising in the way, but yet, the memory and example of these two people have left their mark in our lives, we are sure that many of the volunteers who worked with them, have seen Peru, Cusco and the valley from a different perspective, for that is what they represented: "a new perspective". The days when we notice that we no longer find Jorge in his office, or that no one laughs and makes jokes from the first floor, we realized that your memories transcend time and space, we saw Pete leaving and a big hug sealed a goodbye with Jorge. We appreciate your work but especially your friendship.

Thanks for giving us the opportunity to get to know you and to have worked with you.

The staff at Projects Abroad Peru.

Chupe de camarones / Shrimp chowder

Ingredients:

- 1 ½ kilos of whole shrimp
- 1 large onion, diced
- 2 cloves of garlic, minced
- 2 tomatoes, peeled and diced
- 4 table spoons of sweet chili paste (aji panca)
- 1 cup of fava beans
- 1 cup of shredded cabbage
- 1 cup of carrots cut in julienne
- 7 potatoes peeled and cut in fourths
- 3 corns cut in 2 inches slices
- ¾ cup of rice
- 1 cup evaporated milk
- ¾ cup of feta cheese cut in cubes
- 6 eggs
- ½ tea spoon cumin, salt, pepper
- Huacatay (Peruvian herb) or oregano



Preparation:

Clean shrimp, separate the heads and body of 1/3 of them and boil them for 10 minutes in salty water. Blend or process and strain. Save the stock.

In a medium pan place potatoes, when boiling, add fava beans, cabbage, carrots, corn and rice until everything is cooked.

In a large pan with enough oil, sauté for 10 minutes chili, garlic, onion, tomato, salt, and pepper (remember that you can always add more salt at the end) add shrimp and sauté them until they look nice and red, now pour the shrimp stock, huacatay and everything from the medium pan, wait until boiling again, add eggs and let them cook for 3 minutes, add milk, cheese and dry oregano if you did not use huacatay. Cover the pan, turn off the burner and wait a few minutes for the flavors to get together.

Taste, correct salt...serve and enjoy!!