

PERU 109

WINTER SESSION 2010

Example of a "Volunteer Typical Day" in San Sebastian

8:30am	You wake up to the sounds of your host family getting ready for the day ahead. You take a shower with "tibia" (warm) or "frio" (cold) water, and dress in lots of layers to accommodate the various temperatures that you will experience in your Andes environment during the hours that follow. As you sit down at the breakfast table with your host siblings, you can hear your host mom preparing fresh papaya juice in the blender. You enjoy fried eggs over white rice while chatting about the day ahead, Spanish/English dictionary in hand.
10:00am	You meet up with your Peru 109 crew at La Casa de Acogida after a 10 minute walk from your host home. You, the volunteers (both local and foreign), Peru 109 director, and site staff meet. Project Teams share updates and brainstorm ideas. Community Projects that your crew has selected to work on include community outreach and education, a sustainable garden, and a mommy-and-me model preschool program.
11:00am	You begin your morning block with your Project Team, a group of 4 volunteers who all share an interest in community outreach and education. Your team is collaborating with San Sebastian's Women's Club, and this morning, you all head out together to some of the more distant areas of San Sebastian. Today, you are talking with families about the services of La Casa de Acogida, as the Women's Club members teach about nutrition.



1:00pm	Time for lunch! You walk to your host home, where your host mom is finishing up preparations for the most important Peruvian meal of the day. Along with your host siblings, parents, and grandparents, who have all arrived home from work/school for lunch (as is tradition), you enjoy your meal: aquadito soup (chicken, rice, and cilantro), lomo saltado (beef, tomatoes, onions, and French fries served over rice), and chicha morada (sweet juice made from purple corn). After lunch, you go to a nearby internet café to keep in touch with family and friends.
3:30pm	Your Peru 109 crew (first half of it) gathers at La Casa de Acogida for afternoon block prep. Volunteers divide into two Project Teams for the afternoon: children's activities and construction/repair. The Spanish instructor arrives at the Peru 109 House, (second half of crew) you and one of your fellow volunteers continue your work on the subjunctive tense using examples from your community projects. The class is based on conversation and practice.
4:00pm	You join your team providing children's activities for the young residents of the shelter, both past and present. There are 18 children present today, between the ages of 4 and 13, so your team sets up four different activity stations: popsicle stick constructions, duck-duck-goose, homemade playdough, and English as a Second Language songs/games.



5:00 pm	The Peru 109 crew meets for the day's wrap-up and reflection.
5:30 pm	You walk towards your host home with the other volunteers who also live in your neighborhood. You all stop by the favorite arroz con leche stand, where the friendly senora greets you.
7:30 pm	Your host family sits down for a light dinner of potato and onion omelettes over rice. After dinner, you watch a movie with your family, in Spanish of course! Or maybe, you and your new friend have plans to go out to downtown Cusco, the options in a regular night, go from having dinner, in a traditional Cusqueno restaurant, go to Karaoke, dance or listen live music in a local pub.



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Example of a "Typical Week"

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>10am-1pm</u> Morning Projects at La Casa de Acogida</p> <p><u>1pm</u> Home for lunch and rest</p> <p><u>3:30-5pm</u> Afternoon Projects at La Casa de Acogida (for those without class today)</p> <p><u>3:30-7:00pm</u> Spanish Classes at the Peru 109 house (each person either has a M/W or T/H class schedule)</p> <p><u>7:00pm</u> FREE TIME!</p> <p>Optional: -Movie night -Shopping</p>	<p><u>10am-1pm</u> Morning Projects at La Casa de Acogida</p> <p><u>1pm</u> Home for lunch and rest</p> <p><u>3:30-5pm</u> Afternoon Projects at La Casa de Acogida (for those without class today)</p> <p><u>3:30-7:00pm</u> Spanish Classes at the Peru 109 house (each person either has a M/W or T/H class schedule)</p> <p><u>7:00pm</u> FREE TIME!</p> <p>Optional: -Dinner out -Dessert night</p>	<p><u>10am-1pm</u> Morning Projects at La Casa de Acogida</p> <p><u>1pm</u> Home for lunch and rest</p> <p><u>3:30-5pm</u> Afternoon Projects at La Casa de Acogida (for those without class today)</p> <p><u>3:30-7:00pm</u> Spanish Classes at the Peru 109 house (each person either has a M/W or T/H class schedule)</p> <p><u>7:00pm</u> FREE TIME!</p> <p>Optional: -Sauna -Outdoor show</p>	<p><u>10am-1pm</u> Morning Projects at La Casa de Acogida</p> <p><u>1pm</u> Home for lunch and rest</p> <p><u>3:30-5pm</u> Afternoon Projects at La Casa de Acogida (for those without class today)</p> <p><u>3:30-7:00pm</u> Spanish Classes at the Peru 109 house (each person either has a M/W or T/H class schedule)</p> <p><u>7:00pm</u> FREE TIME!</p> <p>Optional: -Karaoke -Coffee/drinks</p>	<p><u>10am-1pm</u> Morning Projects at La Casa de Acogida</p> <p><u>1pm</u> FREE TIME!</p> <p>Optional: -City Tour -Sacsayhuaman -Local Market -Outing/Discotec</p> <p>Saturday and Sunday</p> <p>FREE TIME!</p> <p>Optional: -Horse Back-Riding -Antisuyo Hike -Sacred Valley -Machu Picchu -Rafting -Bungee Jumping -Trip to Lake Titicaca</p>

