

“WINTER IS COMING...  
IT'S GOING TO GET  
CHILLY OUT THERE.”

'Marate' chilies,  
Quellomayo -  
Photo:  
Andrew Bruton



MAY 2014

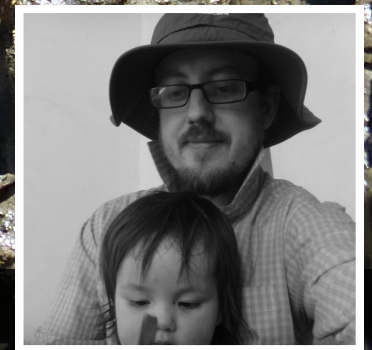
# Newsletter

The official newsletter of Projects Abroad Peru

Welcome to our Newsletter. We want your experience to be an interactive one so please get in touch through our various social media platforms and find out what is going on in our destination. You can start learning about this fabulous country even before you visit!

## THIS MONTH...

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Information Manager:  
Andrew Bruton

# Editorial

## The global Projects Abroad Community

Whether I'm working in the office or I'm out interviewing someone, I am always eager to sign-in to my various work social media accounts to see what's going on with my counterparts in our other destinations.

It's like having an extended family. I have to blame my Jamaican colleagues for making me hungry more often than any other office, as they are regularly posting about local dishes that make my mouth water. The Jamaican Director, Bridgette, visited us here in Peru late last year so it's nice to see what's going on in

her world up there in the warm Caribbean waters.

On other days, I watch fascinating videos from countries such as Ghana, which inspire me to get out there and do the same on our various projects here.

I'll often check the group pages of our destinations too. Today, I read about a trip some volunteers in Fiji made to a nearby island to watch 'fire dancing' and also see a giant turtle. Project updates and photo albums of volunteers in action always bring a smile to my face as they are so different to what we

experience here in Peru whilst at the same time still being very familiar. My colleagues also drop in on our Peru Facebook group page to leave comments and check out what's going on here; it's always nice to have a conversation with them.

Having such a wide network of people all working towards the same goals is very special and it allows for collaboration on important projects. Ideas are shared, friendships are made and everyone hears about volunteer success, no matter where it happens in the world.

Last year, Projects Abroad launched a campaign to raise awareness about shark conservation, and some of the Communications Officers were asked to lend a hand. Each of us made our own signs as part of an international video to promote the campaign and you can see the final result [HERE](#). I'm the one standing 47 seconds in, wearing a silly hat alongside the local ladies and their animals. This sort of international collaboration makes sense and we're very lucky to have the network of human resources available to get these things off the

ground.

It's a nice feeling to be excited about coming to work each morning. With the added benefit of meeting our volunteers and following their progress, it's a particularly lovely way to spend the week.

I look forward to meeting you during your time with us here at Projects Abroad Peru.

# Project Update

## Inca Project



Daniel O'Shea  
Inca Project  
Supervisor

April saw volunteers and staff almost completing the meticulous task of classifying ceramic shards from 2013's excavations. Recently, everyone has been preparing in earnest for the 2014 excavations that will hopefully begin this month. Our volunteers have been busy clearing and mapping the sites that have been selected for investigation in 'Upper Sector II Q'ochapata'. There have also been some lessons with the volunteers on subjects such as 'Capac Nan' and 'Archaeological excavations - Methods & Techniques'. At 'El Establo', Americo's pool pro-

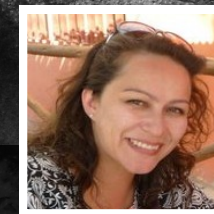
ject has received a lot of volunteer help and all involved were rewarded with a refreshing dip. The weather is getting much drier now so there have been a few camp fires, which means that more wood needs collecting from around the grounds. The annual fluoride campaign that has been running since 2007 in the Huayopata district has also begun. Volunteers have visited local schools to give advice on oral hygiene; every child receives a free toothbrush and they have a fluoride gel applied to their teeth, which takes a matter of seconds. Zenobio

has also taken advantage of these sessions to speak to the children about their local heritage. Visits to the local library continue every Thursday for educational support. The good news is that the local primary school may start using some of the library materials in their classes. Our activity with the local PRONOEI (kindergartens) has also resumed with activities for young children aged 3 and 4 years old. These visits take place every Friday morning and are filled with songs and games. We are currently working with four centres in the valley, with

the possibility of a fifth opening in May. The dry season brings a lot of advantages for everyone, and not just for work. The football field will be getting a little more use over the coming months as fixtures start to become more regular. At the end of April, friends from the Ministry of Culture visited 'El Establo' for lunch and soundly beat the home team in an excellent match. Regular games between staff and the local police force have also been taking place over the past weeks, and it is hoped that more and more teams from different areas will make the jour-

ney to take on the Projects Abroad squad soon.

The Inca project is supervised by Daniel O'Shea and has the support of two excellent archaeologists. Our work in Huayopata is supported by the Ministry of Culture and we continue to maintain excellent relationships with local, regional and central government on this important project. Check out our [YouTube](#) page for more details.



Patricia Davila Ocampo  
Medical and Nutrition  
Supervisor



Yessika Espinoza  
Care  
Supervisor

# Project Update

## Care and Nutrition Projects

### NUTRITION

Our Nutrition Project now has its home in the city of Cusco, in the San Jeronimo area. Our efforts are always driven by volunteer involvement but it is also important to establish strong working relationships with our local partners to ensure our help is directed exactly where it is most needed.

Advice on nutrition and healthy eating habits is vital even in cities like Cusco where hundreds of families live in poverty. Cusco, like other big cities, attracts migrants from the country-

side who are looking for a better standard of living, and who find themselves unable to provide adequately for their family's needs. Currently, Soren Clarkwest, a volunteer from the United States, is working in Cusco under the supervision of Patricia Davila Ocampo. Work in this region of Cusco has only just begun so we are looking forward to reports in the coming weeks. Projects Abroad has excellent resources ranging from posters to games that engage participants in improving their nutritional knowledge. One excellent game involves throwing red plastic balls into

a hole in an oversized bone. The idea is to teach the importance of combating anaemia through educating mothers how to select iron-rich foods. The more balls the mothers get in the bone, the more chances they have of winning a prize such as washing powder or shampoo. This game is hugely popular and the ladies taking part have incredibly good aim.

### CARE

On a recent visit to two of our care volunteers in the Sacred Valley, I was

delighted to see how much fun they were having at their placements. Christine Jenichl from Austria and Mikaylie Page from Australia are both working with young children and their input is hugely beneficial to the local Peruvian staff. Conditions are often tough in remote placements like Mikaylie's, which had not had water for over a week when we visited. Despite this, spirits are high and the children are enjoying a variety of stimulating activities. Some small communities are at risk of losing their funding if centres are closed. For this reason, maintaining a stream of volunteers is

an excellent way of ensuring that these local people retain these important education centres.

This month sees an increase in Care volunteers in the region and we welcome them all to the team as the winter months bring with them the traditional cold spells that make getting up in the mornings quite a challenge. We receive volunteers of a wide range of ages and experience, but all have adapted well to the tasks set them and we are delighted with the fantastic work they have been doing.



Jessica Marroquin  
Teaching  
Supervisor



Hugo Siancas  
Sports  
Supervisor

# Project Update

## Teaching & Sports Projects

### TEACHING

Our teaching volunteers are well spread out through the Sacred Valley this month, and their involvement has, as always, been proactive.

Teaching staff at our partner high schools are working with our volunteers to improve the quality of lessons delivered; one volunteer, Nishal Patel, has already extended her placement twice to carry on the work she has been doing. Having been a teacher myself, I fully understand how it can become quite addictive being in the classroom. A relationship

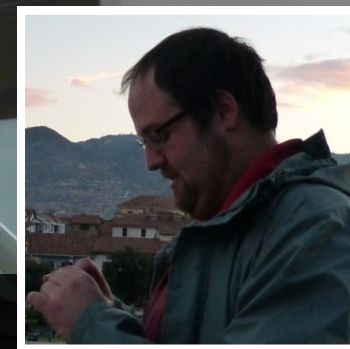
is built up with your classes and there's always something that you want to achieve. Having regular volunteer contact in the classroom also helps to motivate the students to learn more about the language and the people who speak it. The experience of teaching in a Peruvian high school can be quite an eye-opener for our volunteers, some of whom have not left formal education long ago themselves. English is not as highly valued as a subject as some might think. Teachers often have poor levels of English skills themselves and students are not always aware of the

importance of speaking this international language. Our presence in high schools is crucial to begin to change attitudes towards English teaching and learning. Each volunteer that contributes to this program leaves behind their materials and resources that can be used by future volunteers and other teaching staff. Learning English could be the passport some young people need to enable them to get a better job. This process of reform in schools won't happen quickly, but with your help we can make changes that should eventually lead to better standards.

### SPORTS

The month of May sees four Sports volunteers lending a hand to our fantastic partners on a number of levels. In Calca, Ethan Weise from the USA, has been helping with both volleyball and basketball, as well as taking part in the Basketball Program in Urubamba. Volunteer Matthew Claring Bould from Australia, has been hard at work on both basketball and volleyball and left us earlier in the month. Matthew plays Australian Rules football back home so his experiences here will have been interesting in comparison.

Canadian volunteer, Louis Charles Dumont, has been involved with both football and volleyball but has a particular passion for volleyball. He says that the training here in Peru is far more intensive than back in Canada. "That's why they're better than us, I guess", he confided in me. Finally, Lyndsay Armstrong, also from Canada, is working on both volleyball and football. It's nice to have all of them here with us and they are doing a fantastic job of supporting these important projects for Peruvian sport.



# Volunteer Story

## Alexander Milgrom, USA. Medical Project

Alex Milgrom is a fourth year Medical student from the Sackler school of Medicine in Tel Aviv, Israel. However, he grew up in Indiana and despite all of his travels still considers it his home.

A four month placement in medicine is Alex's way of getting to know his profession a little better, and his time at Antonio Lorena hospital in Cusco has already given him some great experience. When he arrived, Alex's Spanish was put to the test:

"I was really rusty; then I had to learn all of the medical Spanish [...] enough was similar that I could make it up as I went along..."

Alex isn't getting official credit from his university for this period of vol-

unteering with Projects Abroad, but his attitude is tremendously positive:

"...as with anything in medicine, if you're doing it, you're learning it. ...so you could say it's practice for my degree".

After doing some research, Alex found the Medical Project online and decided to sign-up immediately, arriving in Peru not long afterwards. He settled in extremely quickly and the medical team in the hospital was impressed by his enthusiasm for the work. Alex's strength has been his ability to talk to his patients in their language, even when doing something as difficult as cleaning ulcers. He starts work in the ER at around 7.30am and often doesn't leave until 7pm. He loves the experience of working

alongside local doctors. The bureaucracy involved in Peruvian healthcare, along with the lack of resources, has definitely shocked Alex and made treating patients a great challenge. Other differences, like



The Lorena Hospital is in temporary structures until November.

the absence of a strict hygiene routine, have also made him make comparisons with home:

"I'm accustomed to washing my hands before and after every patient, here that doesn't happen so often."

The hospital is currently in temporary buildings next to the army barracks but the new building is due to open in October. Alex feels it will be a huge improvement.

"...all those resources they don't have here are supposed to be better [...] x-rays, eco's, CT's..."

The new hospital will also enjoy computerised records for patients, something which is not the case at the moment. Alex has enjoyed going back to basics and

doing things the 'old-fashioned' way for a while. He feels the new hospital and systems will mean less hurdles for doctors and ultimately better care for the patients. Medical care is less hierarchical here in Peru, which Alex enjoys as he has been able to hang out with the doctors and get to know them. However, there are elements of patient care that he feels are better back home. During his time here he has acted as a bridge between the two systems.

"My goal is to make sure my presence is felt and that I do make a difference."

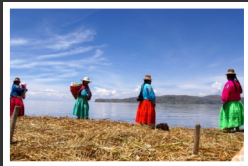
We'd like to thank Alex for all of his hard work.



April:  
Henrik  
Søgaard  
(Denmark)  
Taquile,  
Puno

# Photo Competition

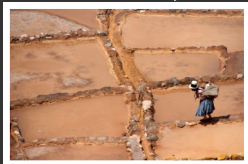
January



March



February



April



Each month we pick a winning photo from volunteer entries. Monthly winners will be entered into the global competition and be published on all of our social media platforms. Entries by email to be sent by the 20th to [andrewbruton@projects-abroad.org](mailto:andrewbruton@projects-abroad.org)

“There are no bad pictures; that's just how your face looks sometimes. “ - Abraham Lincoln