



some useful stuff  
**before you go**  
on the Intiwawa  
Experience



**Your volunteering contact at Intiwawa:**

**Jana Plückthun**

Volunteer Coordinator

Mail: [jana@intiwawa.com](mailto:jana@intiwawa.com)

**Intiwawa e.V.**

Boxhagener Straße 103

10245 Berlin

Germany

Mail: [info@intiwawa.com](mailto:info@intiwawa.com)

Phone: +49 2572 84898

**Hello and welcome to Intiwawa!** Great to hear that you are interested in volunteering with us. On the following pages, you will learn more about our organization, our projects in Peru, the country, and of course the area in and around Arequipa.

This guide is intended to help you plan your trip with us and get a first impression of what Intiwawa is all about. **Please read carefully** through the information provided since it will explain a lot about our philosophy and will prepare you for your trip.

Please feel free to ask me if anything is unclear.



Happy reading and kind regards,

Jana

## About Intiwawa

Intiwawa is a young non-profit and non-governmental organization. We are based in Arequipa/Peru, and in Germany. Our stated goal is to 'work for the defense and promotion of human rights and to fight against violence.' This goal is manifested through a number of different projects, focusing mainly on working with children in three towns around Arequipa. We are made up entirely of volunteers, some Peruvian and some international, and all of our funds come from donations. Intiwawa was founded in 2006 by Leonel Revilla from Arequipa and Henning Lueke from Germany, who met while traveling and together started doing health, food, and intercultural projects with the kids of San Isidro that are still running today.

Intiwawa is organized and structured based on different tasks that the teams across the globe fulfill. Intiwawa Arequipa, the volunteers, and you as a future team member, play of course the most important role by directly working with the kids and families, running and maintaining the projects, and supporting the team in Peru. In order to keep you and our team in Peru as free as possible to focus on this most important part of our work, the overall global administration of funds, volunteers, finances, bureaucracy, and all Intiwawa teams is managed and coordinated by Intiwawa Germany.

## The Teams

Our team in Peru consists of a group of voluntary professionals, motivated students, and of course the volunteers from all over the world. We are an assemblage of psychologists, sociologists, social assistants, lawyers, nurses, tourist guides, and students who directly work with the people in the village. Nevertheless, we are constantly looking for professional support to broaden the knowledge and to strengthen our team for better support and help for the children and their families.

Our team in Germany consists of one professional full time worker and students from various (study) backgrounds and universities and manages everything behind the scenes of Intiwawa. We also assist you in organizing your trip and help you with most problems and questions. Furthermore, we are in charge of organizing sponsors and donations for the different projects, administrations with local authorities, and everything else that is necessary to keep Intiwawa running.

Several volunteers have started their own fundraising teams in their home countries after their stay in Peru. These teams promote Intiwawa and organize events to raise donations, which are then coordinated via Intiwawa Germany to be allocated to the projects in Peru. As a member of our team or as a volunteer, you will be part of a very mixed group of young and motivated people from all continents and many professional backgrounds.

## Our idea of volunteering

As already mentioned above, the primary goal of Intiwawa is to help the one in need. Doing that, it is very important for us to design and perform this help as efficiently as possible, leading to three key points that distinguish us from most other NGOs:

Our projects are meant to help the ones in need in Peru, **not to merely keep westerners**

**busy.** Therefore, please be aware that you might not come into a set environment as you might expect from a company in your home country or from school. As aforementioned, you

as a volunteer are an important part of the team. We are still growing and improving day by day and your engagement and motivation plays a very important role in keeping Intiwawa running and helping to improve it. We will try to allocate your interests and abilities in a way that you are able to efficiently help and that your projects match with your expectations. Please also note that we require a very strong sense of commitment from your side. We are guaranteeing you a great time with new and exciting experiences, however at the same time we require you to take your work seriously since in the end its all for the kids and their families to enhance their chances.

The feature that distinguishes us most from other organizations is our flexibility. Being very grateful for all the help we can get, we want to give you as little limits and conditions as possible (e.g. we don't have fix arrival dates - you can come whenever you want). Nevertheless, throughout the years and through a lot of experience we have seen that volunteers who stay for a longer period of time adapt more easily, understand the bigger picture better, and get more out of their experience. Kids need their time to get used to new people and open up and we don't want to bring more change and challenges than necessary into their already difficult lives. That is why we have changed our rule and require from now on a minimum stay of three months. By that we ensure that our kids and families get the help they need and that you also get the most out of your experience. With a fluent or proficient level of Spanish we make an exception; our volunteers can stay as little as 8 weeks (though preferably also longer). We realized that it makes everything much easier since the kids, their families, and also our Peruvian team members don't necessarily speak English that well, and most of them speak none at all. You will see that it is also much more fun for you if you are able to get involved as actively as possible.

### **What does that mean for you?**

Even though we try to be as flexible as possible we had to come up with some restrictions. Don't worry; there is no required doctor degree or work experience of ten years. We only ask that our volunteers meet the following:

- Minimum age of 18 years
- Minimum stay of at least three months
- Conversational Spanish or higher

That's it! If you fit those requirements you can volunteer with Intiwawa and help making a difference.

## Our current projects and areas of work in Peru

Listed here are short descriptions of all our projects or services. We hope you are interested in helping out in those areas, and we always welcome recommendations for new projects that you wish to realize during your stay. **Depending on the time of the year there may be less projects due to vacations.**

**Nutrition-** Nutrition is not a project, but more of a service. Malnutrition is a huge problem for the kids in San Isidro, and we combat it by giving the kids healthy food every day. During the week, we give a meal after school for the kids who attend our afternoon activities. Everyday some of the kid's mothers cook for the kids, but every Friday and Saturday is the chance of the volunteer to show their cooking skills and prepare a good meal for them.

**Afternoon activities** - Education is a key part of the success of the kids and one of our main focuses, so we encourage their studies by holding homework sessions during the school week in the afternoon. This is our main project and is usually where you will spend most of your time in Intiwawa. We help the kids with their homework and give them other constructive activities to do when they finish. At the end of every afternoon activity we also give them a meal. Also, afternoon activities are a great chance for volunteers to spend personal time with the kids and get to know them better. We not only give space, time, and attention to the school kids but also to their little sisters and brothers that are welcome at Casa Intiwawa (otherwise they would have to stay alone at home or their older sisters and brother would be unable to receive the help for their homework) where we also have our "Jardín", where we provide afternoon care and activities for 3-5 year olds. This project happens every afternoon from 3:00 pm until 5:30 pm.

**English Classes** - English can be an important path to success for kids near Arequipa because tourism is a significant and growing industry there. So every Saturday all the kids have English classes. We also give classes in Salinas and Coporaque. Since teaching English is a very complex project, we are always looking for people who would like to stay longer and want to participate in this important role.

**Jardin (Kindergarten)** – San Isidro has a preschool for 3 to 5 year olds. There are two teachers and about 25 children. Intiwawa sends two volunteers daily to help the teachers to maintain control of the class, and to reach learning objectives with the children. This project happens during the morning from 9:00am until 13:00.

**Intercultural Projects** - Every Friday in San Isidro, and every Sunday in Coporaque (City located in Colca Canyon), and Salinas (Region of Arequipa) we send volunteers to these projects. These projects run in addition to the core projects of Intiwawa and are focused on developing a sense of cultural identity in kids that can easily lose their identity due to globalization. Each town does similar projects every week and they unite once a year in November to share stories and culture. Please note that the bus-drive to these cities is about three 3 hours and we always need volunteers who are able to go there on the weekend, usually we expect 3 volunteers per project on Sundays.

**Casa Cultural:** Every Saturday the volunteers have the opportunity to have more flexibility in their work and give all kind of classes. It's the day the kids have the chance to have more fun and choose which classes they want to take. It goes from Soccer, Arts, Theatre, Dance, and

sports to math and English, which is mandatory for all the kids.

**Vacaciones Útiles:** This project runs only during the kid's summer break in January/February. We give classes in English, Math, Arts, Soccer, Sport, Dance, Music, etc... It may vary depending of the volunteers. We are always open for new classes and ideas. The number of kids is reduced due the vacation.

**Temporary Projects** - Apart from several exhibitions, excursions, health projects, festivities on Christmas or other holidays (also see Intiwawa's year plan or Events), our volunteers also frequently organize a number of different activities where they implement their own ideas with our support. A good example of such an activity is *La copa IntiWawa*: a football tournament in cooperation with 4-5 schools. Furthermore, local exhibitions of crochet works done by mothers and hand-made or painted arts of kids in Arequipa have been organized to call attention to the current situation and the progress of our projects.

**Note:** Please be aware that depending on the dates you choose to become a volunteer with Intiwawa the work will be reduced due the period of vacation of the kids. There is a break during Christmas (about 2 weeks), February (about 2/3 weeks) and End of July beginning of August (also 2 weeks). Don't get disappointed, but during the vacation period we usually suspend the projects and the volunteers take the chance to travel around, so if you plan your arrival in the weeks mentioned above you won't start working immediately. Anyway you could spend the time knowing the city and adapting yourself to a new environment.

## Getting involved backstage

It is also possible to put your motivation into action behind the scenes. From merely brainstorming for a few days about new projects and improvements to directly leading whole projects for a few months as a coordinator: we are constantly looking for volunteers with the necessary amount of creativity and organizational skills to push the organization forward. How deep you dive into these projects is entirely up to you.

You can get involved in many fields, for example:

- Internal communication (to plan workflows and internal structures)
- External communication (marketing, public relations, fundraising events)
- Project design (to research and construct potential projects and optimize existing projects)
- Administration (contact with Europe, to plan allocation of donations, etc....)

## Life as a volunteer

### The Intiwawa experience

Volunteering with us is quite different from most other NGOs. As Intiwawa was basically founded out of frustration from our own previous volunteering experiences, don't expect the usual philosophy of entertaining Westerners on their volunteering holiday that they paid heaps of money for. Volunteering at Intiwawa is an intense mix of exploring the local communities, traveling, and doing something good while you stay with us. We highly encourage you to develop your own ideas. If you are interested in starting your own project it is important to discuss it beforehand with the Peruvian team and to finish what you start. Of course, you are more than welcome to express which project(s) you would like to participate in, however we also hope that you understand that we need to have enough people for each project so sometimes we have to assign you to a certain project (obviously not before having talked to you about it). Upon your arrival you will get an overall briefing of the current situation and will be able to discuss the projects and/or your plans and ideas with our coordinator in Peru and the Peruvian team. Of course if you are not happy it is always possible to talk to the team and we then try to make changes accordingly.

Once a week, **every Wednesday** (8:00pm) there is a meeting, which all volunteers are required to attend. The meeting is guided by Leonel, the president of Intiwawa and it's mainly in Spanish. During this meeting current projects are discussed and problems are addressed. Apart from that, tasks will be distributed and it is also a great way to catch up with everybody who is involved in working with us. You will also have a meeting with the foreign volunteers and your coordinator every two weeks (usually Tuesdays at 2.00pm) to

discuss more closely any issues, give suggestions and help to improve the organization.

So far, volunteers from 28 countries and 5 continents joined our projects in Arequipa, so prepare for amazing stories and interesting people from all around the world!

## Costs

According to our experience, you won't need more than about **450-600 €/€ per month to get by, which means 1.700-2.200 S/**. Depending on your standards, it is of course possible to use more or even less than that. Generally, it can be said that the costs of living are 4 times less than in Europe and three times less than in the US. This value does not include travel expenses if you pretend to also travel around.

## Accommodation

Most of our volunteers are currently living at *IntiHouse*. It is a relaxed hostel located in the city center. The rates start at 13 soles per day (**3,3 €/3,6 US-\$**) with breakfast included (Breakfast includes a fruit juice, scramble eggs, crepes, bread and coffee)

The address of the hostel is Calle Puente Bolognesi 319A, Cercado, Arequipa.

Please get in touch with our coordinator in Peru to book an accommodation for you.

## Food

Food in Peru is absolutely delicious. You will find any kind of food you want, whether if you are a meat lover or vegetarian. Don't miss the change to eat the delicious Peruvians food such as *ceviche* or *lomo saltado*, and if you are brave enough the Guinea Pig. However, if you would also like to cook your own meals, don't worry, the hostel let you use the kitchen and the fridge to storage your own food. You can buy your food in a supermarket two blocks far from the hostel, and it is called "Plaza Vea". There are also small shops around the hostel where you can find basic things, fruits, vegetables, bread with similar prices and also markets around the city that worth the visit such as San Camilo, Avelino and Altiplano.

## Dress Code

We actually don't have a dress code, of course we expect girls to control on the size of shorts and cleavage, you just need to use your common sense, but also, some good advices might help you when it's time for packing. What you need:

- Working clothes. San Isidro it's a really dusty area (Arequipa itself), so everything you wear will end up full of dust and might need some wash after so bring clothes that can get dirty.
- Clothes to go out: Arequipa it's not exactly a fancy place to go out, and you don't need to worry about dressing up for night, but since you will live on the center and there is always some party, birthday, bar going on you might want to reserve an outfit for that. Volunteers often like to go out.
- Shoes for woman: Peruvian shoes are usually sold until size 39, so you have feet bigger than that you might not find anything here.
- Long trousers: It might also be hard to find long trousers for tall people here.
- Shopping possibilities: There are 4 shopping malls around the city and many shopping possibilities but nothing like Zara, H&M.

## Transportation in Arequipa – How to get to San Isidro and around the city

The traffic in Peru can be pretty crazy. Don't be scared, you will get used to it. We do not provide a private bus to the project, but it is really easy to move around with public transportation. There are 2 different lines (depending of your location) of public buses that will take you to the project every day and it will cost you 0.80 soles each way (**0,20 €/ 0,22 US-\$**). The volunteer Coordinator or another volunteer will help you to get around in your first days until you learn how to get around. There are many buses lines to move around the city, and there is not an organized bus stop, you can just make sing anywhere for them to stop to get in and to get out. It usually takes about one hour and half for you to arrive to the project.

Taxi is also very cheap, but be aware to get only ones with identification. **Safe taxi companies** to take are: Taxitel, Turismo Arequipa, Imperial, Alo, and Megatours.

## Buddy System

The volunteer coordinator is there to help you whenever you need and will try to answer all your questions, meet for private meeting if you want and request, help you with your new

ideas, but she/he might not be at the projects every day. Therefore, on your arrival at Intiwawa one of the currently volunteers will be pointed to be your “buddy” (padrino/padrina). The volunteer coordinator will present you to him/her and he/she will help you with all kind of practical things: where and what time you have to take the bus to San Isidro, where you can get the keys of Intiwawa if you are the first to arrive there. He will also show you around in the House of Intiwawa and you will seat next to him for the first days while you are still learning.

## **The journey from Lima**

Generally all volunteers who travel by air fly to Lima. In Lima, we recommend staying in an area that is called Miraflores. Good hostels that we can recommend are Kokopelli, Pariwana, and Flying Dog.

In order to get down to Arequipa, you can either catch a flight or take one of the very comfortable overnight buses running on a daily basis. Here, we highly recommend **Cruz del Sur** ([www.cruzdelsur.com.per](http://www.cruzdelsur.com.per)) or **Cromotex**. Booking is possible via most hostels, travel agencies, or online.

## **Arriving in Arequipa**

From the bus terminal in Arequipa you can take a taxi straight to the hostel. It costs you about 6-8 Soles (**1,5-2 €/ 1,7-2,20 US-\$**).

From the Airport the taxi costs around 20 - 40 Soles (**5-10 €/5,5-11 US-\$**). A taxi driver can be provided upon your arrival if you request for the Volunteer Coordinator.

## About Peru

### **For the traveler** (*Lonely Planet*)

Clinging to the Andes, between the parched coastal desert and the lush expanse of the Amazon rainforest, Peru offers such a wide range of experiences that can be difficult to choose between. Solemn pilgrimages honor gods both Christian and indigenous. Neon-lit discos get jam-packed with reveling youth. Ancient ruins divulge prehistoric secrets. There are museums to visit, lakes to ogle, waves to surf, labyrinthine cities to explore.

This is a country where practices run deep – 5000 years, to be exact. Yet it is a place continuously energized by fresh influences. In Peru, you can groove to African beats, admire impressive Catholic churches and examine indigenous textiles inspired by pre-Columbian tradition.

Meanwhile, prepare to send your vision (and camera) into overdrive. Peru is home to snow-capped mountains, giant sand dunes, flocks of brightly hued tropical birds, postcard-perfect volcanoes and rocky Pacific outcroppings inhabited by argumentative sea lions.

And let's not forget the food – a bounty of sublime concoctions made from ingredients native and contemporary. You'll need weeks to savor the vast selection of delicacies: from rare strains of potato to guinea pig to succulent ocean mollusks.

Welcome to Peru – it's going to be one tasty trip.

### **For the volunteer**

Despite its unique character for the traveler and explorer, Peru's second face is its grinding poverty – more than half of the country lives under the poverty line, with a fifth of the population surviving on less than US\$2 a day. Except the central part of cities, large parts of the country are characterized by missing infrastructure for water and electricity. This is especially true for rural areas such as San Isidro, where we mainly work. Large parts of the population suffer from malnutrition and failing education. This, amongst other things, is what we target our projects at. It also means for you that you are going to experience another way of living because the standards in Perú might often be below the standards you are used to in your own country. Sometimes you won't have hot water, or accommodations may be smaller or dirtier than what you are used to. Nevertheless, Arequipa is a very charming and nice city and we are sure that you are going to fall in love with it the same way we have.

## About Arequipa

The area of Arequipa is one of various terrains. It begins in the coastal desert and then climbs the Andes, reaching great altitude at the snow-covered peaks and at its volcanoes.

Arequipa, known as the White City for its beautiful white walls of sillier, a volcanic stone, lies at the feet of the mighty volcanoes of Mount Chachani, Mount Misti, and the snow covered peak of Mount Pichu Pichu. The downtown of the city, placed on the World Cultural Heritage list by UNESCO, features Mixed Baroque churches and mansions from the Colonial Period like the Monastery of Santa Catalina, a miniature Spanish city with stone streets, beautiful patios, and plazas. Sabandía, Tiabaya, and Tingo (located among the large fields), are must see places, and the irresistible Arequipa cuisine is the perfect complement to the visit.

Just 3 hours and from Arequipa is located the Colca River valley and canyon, one of the most extraordinary destinations in the country. Throughout the region, you can see colorful pre-Incan agricultural terraces still used today for growing quinoa, corn, barley, and wheat. During the pre-Hispanic era the department was inhabited by the Collaguas and the Cabanas; today the inhabitants have learned to conserve their Colonial churches in Yanque, Lari, and Madrigal, and they continue to wear their traditional clothing.

You can also participate in many types of adventure sports in the valley such as mountain biking, trekking, and white water rafting. And, at the Cross of the Condor, you can view the majestic flight of the condors. Other places of interest are the Toro Muerto petroglyphs, the Andagua Valley of the Volcanoes, and the Cotahuasi Canyon. Arequipa is known as a very safe town. Nevertheless, you should always be careful, look out for your things, and be aware of what you do and where you go. This means only taking the cabs that are from registered companies (see above) and that you always watch out for your belongings while walking on the street (try to leave anything of higher value in the hostel if it is not really necessary). Don't go into areas of high risk of violence and try to avoid walking alone, especially at night.

## Climate in Arequipa over the year

*December to March/April* (summer - rainy season)

During the day you will always have around 24 degrees and sunshine, but in the afternoon it mostly gets cloudy and rainy. It can rain cats and dogs during this time so be prepared to take your raincoat and a good jacket since it might get a bit chilly.

*March to June/July and October to December* (autumn and spring)

This is a really nice time of the year; you have sunshine every day all day. About 26 to 28 degrees and dry with no rain. In autumn everything is green after being nourished from the rain season.

*July to September* (winter)

This time of the year it gets a bit colder at night and you should definitely bring a good jacket. At night it can get down to 4 degrees.

Generally when you go to the Colca Canyon (Project Interculturalidad), Lake Titikaka or

Cusco you need warm clothes and a warm hat.

## Planning your trip

The following section will give some main ideas on what you should not forget before heading off.

*What to organize before you go:*

- Scan all the important travel and identification documents and store them online, for example as a mail attachment in your mailbox or with services like Dropbox.
- Write down important telephone numbers and addresses of family, friends, bank, insurance etc.
- Visa for Europeans: Europeans can stay up to 90 days with a tourist visa, which they receive upon arrival.
- Visa for Non-European citizens: You should find out about country specific regulations regarding your own country before booking any flight.
- If you can't get Soles (Peruvian currency) from your bank prior to your travels, you can take some American dollars but generally it's enough to get Peruvian money straight from the ATM at the Peruvian airport in Lima
- Organize some travel insurance! **Intiwawa doesn't cover for your insurance!**
- Depending on what valuables you take you could think about contracting an insurance against theft.

## Illnesses and vaccines:

**Yellow Fever:** We recommend you organize a yellow fever vaccination at home before you commence your travels in case you decide to travel into the jungle areas once you are in Peru. The vaccination needs to be completed at least 10 days before departure. For the area around Arequipa, a yellow fever vaccination is not required but can't hurt either.

**Malaria:** There is no Malaria risk in the area around Arequipa, but again if you want to travel to the Peruvian jungle it's advisable to talk to your doctor.

**Diarrhea:** You should take some diarrhea medications, as the majority of travelers will experience this "joy" at least once during their stay.

**BUT in any case,** for further information about the required vaccines, talk to your doctor and check the following pages before you start your adventure:

[www.who.int](http://www.who.int)

[www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

[www.fit-for-travel.de](http://www.fit-for-travel.de)

## What to take:

The general principle is less is more! If you bring the most important things, like documents and money, you will be able to buy the rest directly in Peru.

Firstly, when you are there you will know what you actually need and what is unnecessary, and secondly, you can buy things in Peru for a quarter of the European price.

*Things we were actually happy to have in our backpacks:*

- Backpacker micro-fiber towel: because it dries quickly, is very light, and you can't buy it in South American outdoor shops (about 20 Euros)
- Sunscreen: because you don't know where you will spend your first hours in Peru and the sun in Arequipa is burning hot!!
- A big and good quality traveler's backpack and a small backpack for day trips
- A neck pouch or bum bag because it allows you to carry documents and big sums of money on your body under your clothes
- Traveler's diary: it's a great way to keep memories and you will be surprised by how quickly you will start to forget things. A tip for the lazy ones among you: just stick in flyers and whatever you find instead of writing and drawing or give it to friends to let them write messages in.
- A sari: because it can be used as a scarf, a dress, a pillow, a bag, a towel or a blanket
- The pill: for you girls who need it because you don't know if you will get the one you want in South America. Well, and because of emancipation reasons, yes, you boys might take condoms...
- A credit card since you never know what you would need the money for.

We hope that this information package gave a first idea of what volunteering with us is like. Please also join us on [www.Facebook.com/Intiwawa](http://www.Facebook.com/Intiwawa) and [www.Facebook.com/IntiwawaArequipiaenAccion](http://www.Facebook.com/IntiwawaArequipiaenAccion) to share your own ideas, discuss our developments or get in touch with many other volunteers.

Feel free to mail us ([jana@intiwawa.com](mailto:jana@intiwawa.com)) if anything is unclear and happy traveling from all of us at Intiwawa!