Lima, Peru Academic Program
Spring 2015 Student Handbook

The Lima, Peru Academic Program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison in conjunction with the Pontificia Universidad Católica de Peru (PUCP). This Program Handbook supplements handbook(s) or materials you receive from Pontificia Universidad Católica de Peru as well as the IAP Study Abroad Handbook and provides you with the most up-to-date information and advice available at the time of printing. Changes may occur before your departure or while you are abroad.

Questions about your program abroad (housing options, facilities abroad, etc.) as well as questions relating to your relationship with your host university or academics (e.g. course credit and equivalents, registration deadlines, etc.) should be directed to International Academic Programs at UW-Madison.

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Contact Information
On-Site Program Information
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http://www.pucp.edu.pe

The Area de Relaciones Internacionales Office’s primary role is to act as a resource for all international students studying at PUCP.

UW-Madison Information
International Academic Programs (IAP)
University of Wisconsin-Madison
106 Red Gym, 716 Langdon Street
Madison, WI 53706
Phone: (608) 265-6329 FAX: (608) 262-6998
Web: www.studyabroad.wisc.edu

Erin Polnaszek Boyd
Study Abroad Advisor
Phone: (608)-265-6329
E-mail: eepolnaszek@studyabroad.wisc.edu

Emergency Contact Information
UW-Madison Students: In case of an emergency, call the main IAP number (608) 265-6329 between 8:00 a.m.-4:30 p.m. Monday-Friday; after-hours or on weekends call the IAP staff on call at (608) 516-9440.

Embassy Registration
All program participants who are U.S. citizens must register at the U.S. Embassy before departure as this will help in case of a lost passport or other mishap. You can register on-line at <https://travelregistration.state.gov>. If you are not a U.S. citizen, register at your home country’s embassy or consulate.

U.S. Embassy in Lima, Peru
Avenida Encalada, Cuadra 17
Surco, Lima 33
Peru
Phone: (511) 434-3000
Fax: (511) 618-2397

Preparation Before Leaving
Immigration Documents
Passport
A passport is needed to travel to Peru and to obtain your student visa. Apply immediately for a passport if you do not already have one. Passport information and application forms can be found on the U.S. State Department website (http://travel.state.gov/passport). If you already have your passport, make sure it will be valid for at least 6 months beyond the length of your stay abroad.

Visa
A visa is an endorsement or stamp placed in your passport by a foreign government allowing you to enter and stay in that country for a specified period of time.

All students will enter on a tourist visa, which is issued at immigration at the airport. You will not need to prepare anything in advance to obtain this. Simply present the immigration officer with your PUCP acceptance letter and ask for a 180 day visa.

If you are not a U.S. citizen, you must contact the Peruvian consulate to obtain the necessary forms to apply for your student visa. Once in Peru the International Relations Office will assist you in obtaining a student visa. It is
important to attend meetings and follow instructions of the International Relations Office upon arrival in Peru.

Handling Money Abroad

ATM
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. The easiest and most common banking system is to keep your account at home and have your family deposit money in it. You can withdraw it monthly from an ATM machine. Please beware of withdrawal fees from ATMs; you will need to verify this with your bank in the United States prior to departure.

CASH
To exchange dollars into nuevos soles, you should go to Money Exchange offices (Casas de Cambio). There are many in Lima. Check the current exchange rate and compare. Banks offer a considerable lower rate than Money Exchange offices.

It is not easy to open a bank account in Lima and there is no need to do so.

CREDIT CARD
American Express, Visa and Mastercard are valuable when you travel and may also help you in proving that you have "sufficient funds" when crossing borders into other South American countries. Visa and Mastercard are also accepted in most stores and restaurants, although it is recommended that you do not carry them on your person unless you know you will need them.

Immunizations and Health Preparations
Please refer to the Center for Disease Control (CDC) or your healthcare provider for information on immunizations and health preparations for studying in Peru. It is often recommended that you have the proper shots for protection against Hepatitis A if you plan to travel in more remote areas of Latin America. Before you leave the United States, you should also be sure to update your standard inoculations such as Measles, MU-Mps, Rubella, Polio, Diphtheria, Tetanus, and Rabies.

Please consult your healthcare provider before departure on the proper medical precautions to take for Peru and any surrounding countries you may wish to visit. If you are planning on traveling in rural areas of Peru or to other South American countries, check with your healthcare provider or the CDC to make sure the area where you are going is not a high-risk Malaria area. Bring traveler’s diarrhea pills, as you will more than likely have stomach problems during your time in Peru. If you do have special health needs or health concerns, be sure to talk to your healthcare provider and get any medical instructions for your study abroad experience in writing. If you are carrying prescription drugs with you to Peru you must have an explanation in writing from your physician regarding content and reasons for the drug.

If you wear contact lenses, bring an extra pair, as they are expensive in Peru. You should also bring an extra pair of glasses as they cost about the same as in the United States. In any case, bring a typewritten copy of your prescription along. Most therapeutic and non-prescription drugs
(as well as some which require a prescription in the United States) are readily and cheaply available.

**Dental Checkup**
Have a dental check-up before you leave. A dental problem in Lima could be annoying, inconvenient, and expensive since dental care is often not covered by health insurance.

**Packing**

**Clothing**
In reference to style, Peruvians are all different. Some dress in nicer clothing and others dress in a more informal style. You will encounter people of all styles, comparable to the United States.

The coast is generally sunny and hardly ever receives any rain, but from April to November there is a heavy sea mist. The highlands have a wet season (October to April) and a dry season (May to September), when the days are clear and sunny but very cold at night especially at altitude.

During the Peruvian winter (June, July and August), you will need clothes which would be suitable for the colder, rainier fall weather in the Midwest. During the remaining months you will need lighter clothes like those you would wear in the late spring or summer at home. Bring clothes that you can layer. Good shoes are important as you will do a lot of walking in Lima. Bring sturdy, comfortable walking shoes, sandals (which can double as slippers), and running shoes if you jog. Sturdy hiking clothes are advisable for travel outside of Lima, especially if you travel off the beaten track. A down jacket, heavy jeans, and hiking boots will all be useful.

Even if you have never camped out, you may want to do this in Peru, and students may find knapsacks or daypacks, sleeping bags, and canteens very worthwhile. Traveling and camping gear including a Swiss army knife, some gallon-sized Ziploc bags, and a small flashlight with extra batteries are also recommended. Your daypack can also be used in Lima for carrying books and papers to class.

**Books**
Books written in or translated to the English language may be difficult to find in Peru. If you want to read books in English while abroad you might want to bring a few paperbacks with you to trade with friends. It is, however, a good idea to take this semester/year and try to immerse yourself in the language thoroughly by reading only in Spanish.

**Gifts**
You should plan on bringing several gifts appropriate for different ages and genders, especially if you are staying with a family. Most Peruvians appreciate things from the United States, such as T-shirts with American sayings. Anything identified with your university or hometown will be appreciated - a charm or key ring with the university seal or a small stuffed animal. Other suggestions include colorful stationery or postcards (perhaps with scenes of the United States), or CDs with the latest American music. While these are good suggestions, they are likely to enjoy any gift that you personally choose. It is also recommended to take additional gifts for friends or other families you may meet or stay with while in Peru.
Electronics
In Peru, electric current is 220 Volt with 60 cycles (same as in Europe); this is compared to the United States where we have 110 Volt with 60 cycles. This makes electrical appliances impossible to use without a transformer and a conversion plug. It is not recommended that you bring any appliances with a motor as the motor will work slower than it was made to do. Small appliances will all be available in Peru, and prices are comparable to those in the United States.

Travel and Arrival Information
Travel Plans
There is no group flight offered to Lima. If you do not want to travel alone, you may want to connect with the other students at the orientation and make travel arrangements. You must complete the Arrival Information form and Taxi Request form and submit it directly to the PUCP International Relations office if you would like arrangements to be made for you to be picked up at the airport. Some host families may pick up their students at the airport.

Arrival Information
If you do not request that the PUCP International Relations office requests a taxi for you upon arrival, you should be sure to get a cab that is NOT located outside the airport. It is strongly recommended that you take a secure taxi, like “taxi green”; for more information see the following link: http://www.lap.com.pe/ingles/taxis.html. It can be a bit overwhelming at the Lima airport after leaving customs. Several people will be asking you if you want a taxi, etc. Make sure to either ask the taxi driver if they are with Taxi Green or visit the Taxi Green agent desk located in the airport after you leave customs.

The Academic Program
General Information
Pontificia Universidad Católica de Peru
Pontificia Universidad Católica de Peru (PUCP), founded in 1917 as the first established private higher educational institution in Peru, is located in a beautiful 43 hectare campus in Lima and has a student population of more than 17,000. PUCP is a top range academic and research institution and trains the country’s best qualified professionals in the fields of Science and Engineering, Arts and Humanities, Law, Business, Social Sciences, Education, Architecture, among others. PUCP has a long-standing tradition in research in these fields. Students at PUCP are involved in research since their first year of study.

The campus is beautiful, filled with sculptures and flowers and large expanses of grass. Often deer can be found in the rose bushes. The campus is not large, but is sizeable enough and is completely enclosed. You must show your student ID to get inside campus. Most students spend a lot of the day on campus since they live far away and commute to campus.

There are several dining halls on campus along with a few cafes. The food is pretty cheap and of decent quality. Most Peruvian students bring their own lunches to campus. There are several coffee vending machines located around campus and sell coffee and hot chocolate.
Dirección de Relaciones Internacionales Office at PUCP
This office offers advisory services for international students at PUCP. This includes academic advising and general guidance to help students integrate into the University community.

The Dirección de Relaciones Internacionales Office also provides orientation to all incoming foreign students. The orientation includes a general introduction to the campus community and ways to get incorporated into the community as well as an academic assessment. This occurs the week before PUCP classes begin.

International students at PUCP also have the opportunity to take part in a Compañero PUCP program. This is a program that matches international students with Peruvian students that can introduce them to university life and guide them during their academic stay at PUCP. The program begins with a mixer for foreign students and Peruvian students. Few events are planned throughout the semester. The best way to meet people is through your classes.

General Overview of Academics
The academic year in Peru follows a different calendar from that of the University of Wisconsin-Madison. A semester at PUCP consists of 17 weeks of classes, with the first semester beginning in early March and continuing through July, and the second semester beginning in mid-August and ending in mid-December. January and February are the traditional summer vacation months. Students will enroll at the PUCP and take regular classes with Peruvian students.

Course Information
Courses
You can choose from a wide variety of courses offered at PUCP. Students will register for courses upon arrival at PUCP. You will take classes with regular Peruvian students. The academic system is comparable to the U.S. academic system in structure and expectations.

It has been noted that classes often do not start on time. They tend to start 10-12 minutes late. Occasionally professors will not give notice for a cancelled course. If classes are 2-3 hours long, the professor will give students a break halfway through the course, for about 10 minutes. Most of the courses are lectures, with occasional presentations or group discussions.

Students do not usually buy textbooks. Each department’s building has a mini photocopier shop, where professors leave copies of the necessary texts and students buy copies of the copies. It is economical; students tend to spend about $15-20 per semester of copies.

Classes are fairly small, usually no larger than 40 students. Class work is less focused on exams and more focused on essay work; some courses have oral exams. There is a lot of group work with a large portion of the grade being dedicated to the group projects. It is best to join groups with Peruvian students.

Courses in Professional Schools
Students are unlikely to receive degree credit for professional schools courses, such as Law and Architecture. We therefore discourage Letters and Science students from taking classes in the professional schools at PUCP.

Course Offerings at PUCP Located on the Internet
Information concerning course offerings at PUCP can be located online at: http://www.pucp.edu.pe (the general homepage for the university), click on Matricula under Estudiantes; then click facultades on the left hand side; on the facultades page choose the facultad you are interested in getting more information about; on the left hand side of the page click under las especialidades (choose the specialty you are interested in), then click on sumillas and that will give you descriptions of the courses in that specialty.

Communication with the UW-Madison Spanish Department
UW-Madison students who are studying (or have studied) in Lima should communicate with Professor Rugen Medina (rmedina@wisc.edu) concerning credit and equivalents. You may also communicate with Professor Medina if you have questions about a particular equivalency while abroad. You should include in your e-mail the following information:

Name, UW ID number, major(s), expected date of graduation
Your phone number (this is particularly true if you are in Madison)
Hours that you may be reached (this is particularly true if you are in Madison)
Most advanced Spanish language and literature classes you have taken at UW-Madison.
Reference to the particular program you are (were) on and how long you are (have studied) abroad

Make sure to provide to IAP with any written documentation of course equivalents promised by the Spanish Department.

Spanish majors on the UW-Madison campus
UW-Madison students majoring in Spanish must keep the following information in mind:

1) You must take at least 15 credits of the upper level work in the Spanish major “in residence” (that means, here on campus or in programs sponsored by UW-Madison). All Spanish courses numbered 300 or above count toward this requirement.

2) You must take at least 6 credits of Spanish at the 300 level or above while physically present at UW-Madison.

If you would like more information or clarification on the Spanish major, please contact Karen Thompson (klthompson3@wisc.edu), Undergraduate Spanish Advisor. For questions about practical issues on this program contact Erin Polnaszek (eepolnaszek@studyabroad.wisc.edu).

Registration
IAP will register you for a special “Study Abroad Course” for the term(s) you will be studying abroad; therefore, it is not necessary for you to register on the UW-Madison campus. This is a temporary registration, which will be converted into graded UW-Madison credit after the completion of your program.

You will NOT register for classes until you arrive in Peru. In emails prior to arrival and at orientation in Lima, you will receive more information on the registration process. This process has been said to be overwhelming and confusing by past UW Madison students. Make sure you attend all of the class registration meetings they have during orientation as it can be hard to get into classes at a later time. You should know which courses you are looking to take at PUCP before orientation week as you will receive no advising there just assistance getting registered for the courses. It is best to be prepared to experience a frustrating process and also to have a range of class options that would work for you as you go through the registration process.

**Course Equivalent Requests and My Study Abroad**

Each course you take abroad must be assigned a UW-Madison “equivalent” course in order for your grades and credits to be recorded on your UW-Madison transcript. In order to establish UW-Madison course equivalents for your study abroad courses, you will submit a Course Equivalent Requests through your My Study Abroad account. Detailed information on the UW course equivalent process that you will use through your My Study Abroad account is available in the IAP Study Abroad Handbook.

Please note that every course you take abroad must be awarded an equivalent UW course. There are no exceptions. It is important to start the equivalent process as soon as possible to avoid any delay in posting your study abroad courses to your UW Madison transcript.

**Credits**

Conversions/Limits and Load

No special classes for program participants are offered. As a result, you need to make sure that you take enough PUCP credits to be considered full time at UW-Madison. Keep in mind that you need to be registered as a full time student both at your home campus and at PUCP, and you may not exceed credit loads at any institution. For UW-Madison students, you must be registered for an equivalent of a minimum of 12 and a maximum of 18 UW-Madison credits each semester.

Students participating on this UW-Madison program will only be able to take classes at Pontificia Universidad Católica de Peru. Courses taken at any other university or school in Peru will not receive credit.

One PUCP credit is equivalent to one UW-Madison credit.

**Pass/Fail/Drop/Audit**

Please refer to the IAP Study Abroad Handbook for academic policies.

**Grades and Grade Conversions**

The grade conversion scale is:
Living Abroad

Educate yourself about your host country. Read the Preparing to Live in Another Culture section of the IAP Study Abroad Handbook. Remember - it won't be possible to prepare yourself completely. There will be situations you will not have anticipated and your flexibility will determine in great part the kind of experience you will have while abroad.

Geography

Peru is south of Colombia and Ecuador, west of Brazil and Bolivia and north of Chile. It has 1,500 miles of Pacific Ocean coast and a great variety of climates and landscapes. There are three distinct geographic regions: to the west is the coastline and mostly arid, the mountainous area lies centrally in the country and the east is heavily forested.

Around eighty percent of the almost 29 million population of Peru belong to the Catholic religion, and the dominant ethnic groups are Amerindian and Mestizo.

Natural resources in Peru are mainly copper, silver, gold, petroleum, timber, iron ore, fish, coal and natural gas. Agricultural products for domestic use and export include: wine, wheat, potatoes, corn, sugar beets, onions, beans, fruits and livestock. Some major industries are: mineral refining, metallurgy, food processing, fish processing, pulp, paper, wood products, iron and steel.

The official language in Peru is Spanish as well as Quechua. You will discover deep differences between the rich and poor in Peru. The rich Peru is very modern and similar to North American and European cities. At the same time you will probably encounter poor sections of Peru with greater poverty than you have ever seen before.

Climate

Peru's climate can be divided into two seasons – wet and dry – though this can vary depending on the region. June to August is the dry season in the Andean Highlands and December to March are the wettest months. On the coast, the humid months are from December to March; the rest of the year the coast is misty. Temperature is mostly influenced by elevation: the higher you climb the cooler it becomes.

Lima's climate is quite mild, despite being located in the Tropics. Lima has a subtropical and desert climate, yet the microclimate also makes it very humid. The temperatures vary from mild to warm (neither very cold or hot). The average temperature is 18 °C to 19 °C (60–65 °F). The
lowest temperatures vary from 12 °C (50 °F) to around 20 °C (68 °F) and the high average is around 25 °C (78 °F), with 30 °C (86 °F) in the warmest of days.

**Earthquakes**
While living in Lima you will frequently experience "temblores" which are very mild quakes rarely causing damage or injury. Should you feel such a tremor the safest place for you to be is indoors. Further recommendations from FEMA are below:

The best protection during an earthquake is to get under heavy furniture such as a desk, table, or bench. The greatest danger exists directly outside buildings, at exits, and alongside exterior walls. Many fatalities occur when people run outside of buildings only to be killed by falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects.

For more information on earthquake preparedness, you can visit the FEMA website at: [http://www.fema.gov/hazard/earthquake/eq_before.shtm](http://www.fema.gov/hazard/earthquake/eq_before.shtm).

**Lima**
Lima has a population of over 8 million inhabitants and is situated on the Pacific coast. The historic center or Lima was declared a UNESCO World Heritage Site in 1988 due to the large number of historical buildings dating from the Spanish colonial era. In particular, the Plaza Mayor with the 16th century cathedral and the Presidential palace and the catacombs of the Convento de San Francisco are popular tourist attractions. It also has many prestigious museums.

Though the water is generally cold (comparable to California) due to the Humboldt Current, there are a number of Pacific beaches and resorts just south of Lima. Be sure to check with your host family and your Peruvian friends to make sure that the beaches you are going to are safe (strong undertows, crime and pollution may be potential risks).

Water is not potable, which means that you **cannot** drink it directly from the tap. You must boil it, or you may also want to be more cautious and drink bottled water.

**Housing**
You are responsible for finding your own housing. PUCP provides you with a housing questionnaire with your application materials. This questionnaire will be used to identify possible options based on the information you provide. Approximately one to two months before the program start date, the housing coordinator at PUCP will send you an email with housing information. If you selected a host family, the email will provide you with the name and contact information of a family. If you selected residences, the email will provide you with a list of residences and contact information. If you indicate that you do not require any assistance with housing, you will not receive any information from PUCP. It is recommended that you do not select this option.
If you choose to live with a host family, keep the below mentioned courtesies in mind when you first contact them by mail or by telephone or when you first meet them. Remember that a first impression may be very important. You are responsible for providing arrival information to PUCP as well as IAP.

**Interacting with the Family**
Go into life with your new family with an accepting and non-judgmental frame of mind. Be as honest, considerate, and communicative as possible. Treat them with respect and they will respect you back. Always remember that you are a visitor (despite the fact that you are paying for room and board) in the family's home and in another culture. Take the time and make the effort to get to know the family that has accepted you into their home.

Peruvians are accustomed to more outward courtesy and formality than is the average North American. Therefore, the lack of a thank you or other polite expression is much more likely to be taken as ingratitude. This should be taken into consideration in your letter of introduction to the family. Latin Americans usually preface their letters with several lines of courtesies expressing their concern for family and friends. In conversation, "mucho gusto" or "encantado" is the most usual response for a first-time face-to-face encounter. Similarly, during meals, saying "qué rico" or some other phrase of delight with what is served is a common courtesy.

It is a good idea to use the usted form with the older generation of the household unless, or until otherwise advised. In the majority of homes, students use the tú form with the parents, but it is better to start out cautiously. Your Peruvian parents will give you clues for using tú openly by telling you "tuteame", or "háblame con tú". With contemporaries, tú is always used. Observe the way things are done in the household and try to conform as much as possible. When in doubt, ask about a particular thing that puzzles you. It is the student who should take the initiative in these instances because the family may be hesitant to correct you for fear of hurting your feelings. At the beginning, you can capitalize on your cultural ignorance by asking questions that might later be considered gauche.

Despite language problems, try to speak Spanish from the beginning. The families are aware of your adjustment problems and will try to be patient and helpful.

If you desire a close relationship with the brothers and sisters of the family, be prepared to take the initiative. Find out early whether or not there are family rules you are expected to follow, such as cleaning your room, being on time for meals, etc. This may save some embarrassment and/or irritation later on. Try to find out about individual idiosyncrasies in the family. Be tactful. When you leave the house tell someone where you are going and what time you expect to be home. Telephone if you are going to be late or miss a meal. These customs show courtesy toward the family and save them worries about your getting lost or getting into trouble. Families are especially solicitous toward women. Always speak with another American in Spanish when in the presence of non-English-speaking Peruvians. In that way, everyone can understand.

It is extremely important that you use the utmost of discretion in terms of a conservative approach to discussing matters pertaining to sexual behavior, sexual choices, sexual politics, etc.
If you are taken to a party or other function, especially with family members, act conservatively with the opposite sex because the family may be quite conservative in this respect.

Many of the conveniences, which we take for granted in the United States, are considered luxuries in Peru. Your family may constantly tell you to turn off the lights, or limit your phone calls, or feed you more and more rice and less and less meat. In general, be prepared to recognize and deal with the fact that there is a very real monetary factor that will enter into the relationship most students have with their families. This factor may prevent you from achieving full identity as a family member. It is much appreciated if you keep your room clean, make the bed, etc. To better integrate yourself into the family, offer to wash dishes and share in some of the other daily chores. Or it may be the case that your host family does all of this for you.

For this reason, also, be careful about imposing your guests on your family. Ask permission before you bring home a friend and do not be surprised if the response is cool - the family may simply feel it cannot afford to feed another person. If you have been permitted to have a friend over at the house, stay in the living room. In most houses it is not acceptable to bring a friend into your bedroom, be sure to ask the family their ideas about this. It is very inappropriate and unacceptable to be in your bedroom with someone of the opposite sex.

If you have friends visiting from the United States you should make arrangements to have your friends stay in a hotel or youth hostel. If your family offers to have your friend stay with you, be sure to work out the potential financial arrangements (i.e. offer to pay) before your friend arrives.

Although maids are not as common in Peru as in other Latin American countries, your family may have a muchacha or empleada, another area in which to take care. There are well-defined social barriers which prohibit excessive familiarity between family members and empleadas and you may be shocked at how some empleadas are treated. Although you may feel closer to the empleada than to anyone else in the family, the family may resent or disapprove of an openly friendly relationship between you and the empleada.

Be sure to be honest with your family about your needs and to tell them right away if you do not like a certain food, etc. Tell them right away, do not lie to them just to make them happy -- you will be part of their family and living with them for at least 5 months. If you are a vegetarian, you need to state this clearly on the housing form so an appropriate family can be matched with you because vegetarianism is not widespread in Peru. There will most likely be problems due to various cultural differences, but try and keep an open mind and remember that this is a learning experience. Living with a family is truly the only way to completely learn about the Peruvian way of life.

Travel
If you are leaving Peru by plane to travel to other countries in South America or to other cities in Peru, you must pay an "Airport Departure Tax". This fee is approximately the equivalent of about US$30.00 for international flights (if you do not fly before your time of departure from the country, you should keep this in mind and have enough money left and available when you leave),
and approximately US$6.00 for domestic flights. Also before taking a flight, make sure to confirm the time your flight will be leaving.

If you plan on traveling outside of Lima, be sure to leave your itinerary with the Dirreccion de Relaciones Internacionales Office in case of emergency. Also, do some research on costs before you leave, as travel around South America can be more expensive and/or more time-consuming than you might believe.

**Safety While Traveling**

You are strongly discouraged from traveling to areas both in the country and in the surrounding areas that the U.S. State Department has designated as hazardous or has advised against travel. Make sure to check the U.S. State Department website for Travel Advisories and Consular Information Sheets for any country you are considering traveling to or through (http://travel.state.gov/index.html) before you make any travel plans. If you do not have access to the Web, check with the U.S. Embassy or Consulate nearest you.

In addition, make sure to leave your travel itinerary with the on-site contact as well as with a family or friend in the United States in case someone needs to get hold of you in a hurry as well as for your own protection.

**Transportation**

Lima has a good public transportation system. You will not have to wait long for a bus or a taxi -- the most common means of transportation for the majority of Peruvians.

**The bus/micro/combi:**

There are three types of busses: the combi (looks like a conversion van), the micro (a small bus) and the bus (schoolbus-size). There is no database or list of routes, unfortunately, so the only way to know where one is going is to ask someone you know, to ask the cobrador (the bus fare collector), or to already know yourself. Different routes have different colors of busses and are assigned numbers that you can see in a yellow box located on the front of the bus above the windshield (inside and outside) saying something like 83, 62 or 62a (all different routes). Be careful of routes that have differently sized buses. The bus 35 is different than the micro 35.

There are some corners with signs saying Paradero, but you can pretty much flag a micro from anywhere along its route. If you do not know which one you want, it is easiest to go to a busy intersection where traffic will be plenty backed up at a red light. There are two employees on the micro – the cobrador and the driver. The cobrador normally hangs out the door of the bus or walks around calling out street names or locations. You can ask him if he is going to XYZ place and he will tell you if he is going there. Make sure the bus is going to the right part of the street you want and not just crossing it at some random point.

Once on the bus, you should get a seat if you can, or if not hold on tight to the overhead railings. Sitting in the front seat is best; just remember to put on your seatbelt up there (it's a rule and the driver will tell you to if you do not). Most cobradors will ask you for your pasaje or jingle coins in
his hand pretty soon once you get on, and he'll want to know where you're going. If you don't know what your destination looks like, you can ask him to tell you when you get there.

There are seats right by the door that are considered reserved for old people or parents with young children. If they get on after you and you are sitting there, it's polite to move so they can sit down.

The fare is usually 1 sol or 1.20, depending on how far you are going (from school to Miraflores is 1.20). You can usually get a discount if you show your PUCP ID card. Do not let the cobrador cheat you – if he wants more, ask the other people what they paid. The cobrador will probably back down. Most of the time you will get a little ticket when you pay.

To get off the bus, you have to yell out something like, "Izquina/semaforo/avenida baja!" to the cobrador, or just "Baja!"

**Taxis**
If you absolutely want a safe taxi, call a company like Taxi Seguro and they will send someone to wherever you are. Generally, though, that's inconvenient and expensive, so it's easier to grab one off the street. Look for white or yellow taxis that are in good condition. Make sure the car has some number on the side, since that means they're part of a company and not just a freelancer. Older drivers tend to be more trustworthy than younger ones. You can flag taxis down anywhere like the micro, but, again, it's easiest at an intersection where they stop and you can examine them for the best of the bunch. Always decide on a price before getting in! From Miraflores to PUCP, you should not pay more than 7 or 8 soles. If the driver will not lower his price, just find another one – there are plenty.

**Personal Safety**
Certain discretion is always advisable when traveling to a new country or an unfamiliar area. Just as you would not leave your luggage unattended in the Greyhound Bus station in Milwaukee, it is not recommended that you leave your luggage unattended anywhere while traveling outside the United States. You should not leave money or other valuables in a hotel room while away though your general luggage will usually be safe. In addition, regardless of where you choose to live, you should keep your money and valuables in a secure, locked place when you are not at home.

Pickpockets are very active in Lima and throughout Latin America. Consider using a money belt that you can wear under your clothing. If you carry a purse, consider carrying it inside your jacket -- long straps or flaps on purses that can be easily opened make you a target. You will also be a particular target if you wear expensive (or expensive looking) jewelry. Never wear gold jewelry.

The U.S. State Department strongly recommends avoiding frequenting the streets of downtown Lima after dark, even in well-traveled areas. As with any larger metropolitan area it is strongly recommended, especially for women, to never walk alone at night in any area of the city (though San Isidro, Miraflores and Barranco will be more populated after dark). If you have to walk alone at night, be aware and cautious.
Students of Color
Prejudice exists in Peru as it does in the United States; however the openness with which it is expressed is often shocking. Billboards, sitcoms and television commercials often depict offensive caricatures of Asians or Blacks. Host families and others will sometimes refer to a student of color as “negrito” or “chinita”, which in most cases is a term of endearment, however a U.S. American can be easily and understandably offended by these terms.

If you experience racism, keep in mind that there is a long history and a lot of culture behind any comments or actions that are made. Cultural sensitivity is a very important concern when studying abroad, but it should not mean that you take absolutely everything the culture deals out in stride. There is no excuse for anyone making you feel uncomfortable because of your race, no matter where you are, and you should of course call people on that to the extent to which you feel comfortable doing so. Please keep in mind your personal safety when or if confronting someone about this issue.

UW-Madison students: If you would like to speak to an IAP staff member in more detail, please feel free to contact Erin Polnaszek (eepolnaszek@studyabroad.wisc.edu) or make an appointment with her by calling 265-6329.

LGBT Issues
You should be aware that Peruvians are typically less open to diversity in sexual orientation than North Americans. If you are an LGBT student who plans to live with a host family, if you feel comfortable doing so, you may want to include this in your application to be matched with a more open or understanding family. If this is not information that you feel comfortable sharing at this point with a host family, you may want to plan if/how/when you will tell them.

You may want to talk to the on-site staff about specific recommendations if you have concerns or questions about this topic. There are many resources on LGBT issues in Peru and other countries. Do some research before you go!

Women
Lima is a conservative culture full of machismo and many past female students have expressed frustration dealing with this type of culture. It is common to feel that you are being started at while walking down the street, especially if you are walking alone. Some Peruvian men will also seem aggressive in their 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 any 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.

Health Issues in Peru
Drink bottled water or boil the tap water to avoid getting sick from the tap water. You should not drink tap water. Avoid ice cubes in drinks as you cannot ensure that they were made with bottled or boiled water.
Water irrigation systems use sewage water for vegetable and fruit plantations. This makes it vital that you carefully wash and dry any vegetables before you eat them and that you peel all fruits that you can peel. The only safe way to clean your vegetables is by soaking them in a chlorine solution according to instructions on the bottle (many brands are available in any grocery store in Lima). Raw seafood should not be eaten under any circumstances.

Especially during the summer months, you should be careful to avoid mayonnaise, lettuce, dressing, custard or cream fillings that might have been left in room temperature for some time.

PUCP offers access to its student medical services for students on the program. However, you must pay for each visit and submit claim forms to CISI Insurance for reimbursement. If you need medical attention during your stay in Peru, please contact the Direcccion de Relaciones Internacionales immediately so that they can recommend appropriate medical facilities and assist with interpreting, if needed. CISI insurance is also available for consultation and can refer you to a doctor in the area.

A Special Note About AIDS
The risk of acquiring the HIV infection through sexual contact is growing. If you are sexually active, beware, be smart, be safe, always use a condom and use it properly. Please read general information from your university concerning AIDS and international travel.

If you are or think you may be sexually active while overseas, bring the birth control you will need for the year. Condoms are available, but the quality is questionable. Do not place yourself at unnecessary risk: Bring American condoms and use them if you are going to be sexually active while you are overseas. The morning after pill is available but only with a medical prescription.

Communication
When making calls, keep in mind time zone differences (www.timeanddate.com/worldclock). To make an international call to the United States, dial the access code for the country from which you are calling plus the United States country code (always “1”) followed by the appropriate U.S. area code and local number. To call internationally from the United States, dial “011”, the country code, city access code (if necessary) and the phone number. Country and city codes can be found online (www.timeanddate.com/worldclock/dialing.html). Some of above steps can vary if you are using a calling card.

Peru’s telephone system is still developing. You should check with specific carriers to determine if calls are cheaper from Peru to the United States or the United States to Peru. Multi-carrier services provide the cheapest rates. You can call a company before placing your call to compare who has the best rate at any given time. There are a lot of companies in competition. You might have trouble making long-distance calls from a pay phone.

You may also bring a U.S. calling card with you to Peru. Be sure to call the telephone company and ensure that the card will work from Peru. These numbers can be reached from any teléfono
particular (phone in a private home) and will connect you with the international operator; this method tends to be rather expensive.

Many students have found it cheaper and more convenient to purchase a cellular phone. 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. It is recommended that you also check with staff or other participants as to what companies they used and recommend before signing a contract. 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). Most people communicate by texting.

Skype is a free, downloadable software application that allows users to make live video and voice calls over the internet. Skype users can also add money to their account and can then use the service to call land lines and cell phones internationally at very low rates. Additionally, Skype also provides an instant messaging function as well as file sharing.

To create a Skype account, users must download the application from www.skype.com and create a user name and password. Once the application is installed onto their computer, they can search for friends either by first and last name or using their friends' Skype usernames. Once a friend is added to a users contact list, they will be able to see whether that person is available to chat. If two users both have web-enabled video cameras for their computers, they will be able to chat face to face. For users without a web cam, a microphone is all that's required for calls to another computer.