

Peru Study Tour

September 11 - 20, 2011



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WELCOME

Dear Friends,

Welcome! It is our great pleasure to greet you and share this information packet in preparation for your journey to Peru.

Your trip to the South American nation of Peru will be an intensive educational experience in the world of sustainable community development, focusing especially on Heifer's approach of providing livestock and training to developing communities. You will see, hear, and touch Heifer's work throughout the trip by constant interaction with our Heifer Peru staff and by visiting a number of communities with whom Heifer works. You will see Heifer's 12 Cornerstones for Just and Sustainable Development in action, and it is our hope that you will come away with a better understanding and appreciation of the uniqueness and effectiveness of the Heifer model of "Passing on the Gift."

You will not only learn about Heifer's work during this study tour, but will also learn about the rich and diverse culture of the people of Peru, and the fascinating history of this nation. This tour will provide us with the wonderful opportunity to explore the richness of Peruvian art, culture, and the environment. The Handicraft Market in Puno is a thriving artisans' market with crafts by local artists. It will be a special treat to stay at the Cuchuma eco-tourism Lodge and to enjoy an evening of cultural performances with the community. And, last but not least, you will visit the amazing ruins of Machu Picchu. Heifer has a long history in Peru and our staff there are excited about your visit.

Full participation is one of our cornerstones, and we will make sure that each of you has a unique and fulfilling connection with Heifer. We ask that you come prepared to completely invest your mind in this unique experience. You will discuss the topics that the study tour brings to light and will have regular debriefings on the experience.

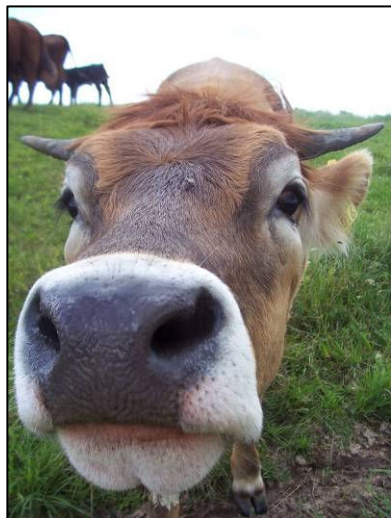
It is our expectation that you will return home with a greater understanding not only of Heifer's work, but also of the root causes of hunger, poverty and environmental degradation. We hope that you will come away from the study tour more committed to helping advance Heifer's work to find sustainable solutions to end hunger and poverty and care for the earth.

Thank you for joining this life changing journey to see Heifer's work first-hand in Peru!

Sincerely,

The Heifer International Study Tours Program

HEIFER CORNERSTONES



Heifer International has developed a set of guiding principles or values called the **Cornerstones for Just and Sustainable Development**. These are aspects of our program that we consider essential for effective, sustainable development. Heifer uses the Cornerstones in developing and implementing projects and partnerships. The Cornerstones are also used to monitor and evaluate progress within a group. Individual Cornerstones work together to contribute to sustainable outcomes—the aim of holistic development. While attention is given to all of Heifer’s Cornerstones in project work, it is the values of the community that take precedence. Together, these 12 Cornerstones form the acronym **PASSING on the GIFTS**.

Passing on the gift

Accountability

Sharing and caring

Sustainability and self-reliance

Improved animal management

Nutrition and income

Genuine need and justice

on the

Gender and family focus

Improving the environment

Full participation

Training and education

Spirituality

Passing on the Gift

“Passing on the gift” is the heart of Heifer International’s sustainable community development philosophy. Every family who receives an animal signs a contract to pass on one or more of their animal’s offspring to another family in need, along with the training and skills that they have acquired. This unique approach creates a ripple effect that transforms lives and communities.

Accountability

Heifer provides guidelines for planning projects, screening recipients, monitoring progress and conducting self-evaluations. The groups define their own needs, set goals and plan appropriate strategies to achieve them. They are also responsible for submitting semi-annual monitoring reports to Heifer International.

Sharing and Caring

Heifer believes that global problems can be solved if all people are committed to sharing what they have and caring about others. One of our most important Cornerstones, sharing and caring is an integral part of our vision for a just world.

Sustainability and Self Reliance

Because Heifer funds projects for a limited time, project groups must devise strategies for its continuity. In our experience, self-reliance is most easily achieved when a group has varied activities and generates support from several sources.

Improved Animal Management

Feed, water, shelter, reproductive efficiency and health are the essential ingredients in successful livestock management. The animal must be an appropriate breed for the area and should be a vital part of the farm activities without placing an extra burden on the family or resources.

Nutrition and Income

Livestock contribute directly to human nutrition by providing high-quality protein. Indirectly, they provide draft power for cultivation and transportation, as well as manure for soil fertility. Livestock provide income for education, healthcare and housing, and as living savings accounts, provide long-term economic stability.

Gender and Family Focus

Gender refers to the socially-defined roles of women and men in each culture. Heifer encourages women and men to share in decision-making, animal ownership, labor and benefits. Heifer has a gender initiative program.

Genuine Need and Justice

Heifer is a partner to people in need who can improve their quality of life with modest support. Priority is given to marginalized groups. The poorest in the community should be included and receive priority for assistance. Families are eligible regardless of creed or ethnic heritage.

Improving the Environment

The introduction of Heifer International projects should have a positive impact on one or more of the following: soil erosion, soil fertility, sanitation, forestation, biodiversity, pollution, wildlife and watershed conditions.

Full Participation

Members of the group "own" the project and have control over all key decisions. Heifer is committed to involving all members in decision-making, working with grassroots groups to develop strong leadership and organization.

Training and Education

Groups determine their own training needs, and local people are involved as trainers. Training includes formal sessions as well as informal farm visits and demonstrations. In addition to training in livestock husbandry and environmental conservation, groups have requested training in food processing, marketing and human nutrition.

Spirituality

Spirituality is common to all people, regardless of their religion or beliefs. It is expressed in their values, sense of connectedness to the earth and shared vision of the future. Often spirituality creates a strong bond among group members, giving them faith, hope and a sense of responsibility to work together for a better future.

HEIFER PERU

BACKGROUND ON PERU¹

Peru, known officially as the Republic of Peru, is a country in South America. Its neighbors are Ecuador to the northwest, Colombia to the northeast, Brazil to the east, and Bolivia and Chile to the southeast. Its entire western border lies on the South Pacific Ocean. The westernmost portion of the Amazon River pours into Peru from Brazil. The culturally and scientifically advanced Inca Empire was situated in what is now Peru, but this once vast culture was mostly destroyed by Spanish conquistadors during the sixteenth century. Peru achieved independence from Spain in 1821. Today, it is considered one of the most important economic powers in Latin America.



GENERAL INFORMATION

- Official Languages: Spanish and Quechua
- Population: 29,132,013 (2009 estimate)
- Currency: Nuevo sol
- Area: 1,285,216 square kilometers (496,225 square miles)
- National Anthem: "Somos libres, sesmoslo siempre" (Spanish, "We are free, let us always be so")
- Capital: Lima

PEOPLE & CULTURE

Population: The majority populations of Peru are Amerindian (around 45 percent of the population) and mestizo (37 percent of the population), followed by smaller populations of whites (15 of the population) and blacks, as well as some Chinese and Japanese. Because of the large Amerindian and mestizo populations, many native languages (besides the official languages of Spanish and Quechua) are spoken, including Aymara. Some languages have only a handful of native speakers, while others are more widely spoken. As in most of Latin America, the majority religion in Peru is Roman Catholicism, practiced by 90 percent of the population. The other 10 percent is comprised of Protestant denominations, as well as several non-Christian religions, including Judaism and Islam. Buddhism and Shintoism are commonly practiced among Peru's Asian population. The largest cities in Peru are Lima (population 7,605,742), Arequipa (population 1,006,781), Trujillo (population 682,834), Chiclayo (population 738,000) and Piura (population 377,496). Most of the non-Amerindian or mestizo population of Peru lives in urban areas, while the rural areas are primarily populated by indigenous and mestizo peoples. The

¹ Background information taken from Craig Belanger, "Our World: Peru," Great Neck Publishing, 2010, <http://search.ebscohost.com/login.aspx?direct=true&db=mih&AN=17608326&site=src-live> (accessed September 24, 2010).

economic, social and political disparity between the indigenous peoples of Peru and the wealthy white population is a source of continued conflict in Peruvian society. The class system in Peru is complex: not only is there widespread classism between whites and non-whites, there are also many levels of classism between mestizos and indigenous peoples, and between indigenous tribes. Peru ranked 78th out of 182 on the 2009 United Nations Human Development Index.

Native People: Historically, the indigenous people that had the most effect on Peru were the Inca, who held a vast empire that stretched between the equator and southern Chile in the fifteenth and sixteenth centuries. Inca civilization was one of the most advanced in the Western Hemisphere prior to the arrival of European explorers, who took only a few years to decimate the population and wipe out all possibility that the Inca Empire would ever rebuild itself. Most of Peru's indigenous peoples are poor and lack political representation, as is true of many indigenous populations throughout the Americas. The Quechua and Aymara peoples of Peru also suffer from poor public health conditions and reliance on manual labor for their income. The indigenous peoples who live on the eastern side of the Andes Mountains and along the Amazon basin are ethnically distinct from the Amerindians who live in the Peruvian highlands. In recent years, two violent indigenous groups have arisen in Peru: the Sendero Luminoso (Shining Path), led by the insurgent Abimael Guzman (captured in the early 1990s), and the Movimiento Revolucionario Tupac Amaru (Tupac Amaru Revolutionary Movement), named for the last Inca leader. Although neither party gained much political control over Peru, there has been widespread popular support (as well as large resistance at times) among indigenous peoples for their efforts. Both groups are considered terrorist organizations.

Education: Peru's constitution allows for free and compulsory schooling from the primary school level through age sixteen. As of 2005, the literacy rate among Peruvians is an impressive 92 percent, nearly double the rate during the 1950s. Rural Peruvians are less likely to attend high school because of the lack of regional educational resources, but a high percentage of urban Peruvians attend secondary school. Among the country's most important colleges and universities are the National University of San Marcos in Lima (also one of its oldest), the National University of Central Peru in Huancayo, the National University of San Agustin in Arequipa, and the National University of San Antonio Abad in Cusco.

Health Care: A very high percentage of Peruvians are impoverished (as much as half the population, by some estimates), and many do not have adequate health care. Many have little or no access to primary health care services. As a result of some government health reforms, infant and maternal death rates have decreased since the 1990s. Universal health care for Peruvians may be a goal of the government, but it is far from becoming a reality. The total health expenditure per capita is far below many other countries in the region (but above Nicaragua, Bolivia and Haiti). The average life expectancy among Peruvians was seventy years in 2009.



Food: Common elements of Peruvian cuisine include potatoes, rice, peppers, maize, meats (chicken, pork and fish, as well as, traditionally, deer), squash, yams, fruits such as bananas and papayas, and spices. Popular Peruvian foods include potato-based dishes such as papas a la huancaína (a cheese sauce), locro (potato soup), and papas rellenas (potatoes stuffed with meat). Chicken is a popular menu item; aji de gallina is a dish of chicken in a spiced milk sauce, and arroz con pollo is a simple dish of chicken and rice. Maize dishes, such as tamales, are also popular, along with Asian and Italian foods. Distinctly Peruvian culinary experiences include lomo saltado, which consists of beef stir-fried with peppers, tomatoes, onions, and french fries. Anticuchos are skewers of grilled meat, and come in many

varieties, including anticuchos de corazón (beef hearts). Ceviche, a cold mixture of vegetables and raw seafood marinated in lime juice, is widely consumed in coastal areas. Pisco, the national drink, is a spirit distilled from grapes. Peru's Incan heritage is also expressed in the country's food. Cuy is a traditional dish of roasted guinea pig, usually eaten on special occasions. Chicha is a traditional Incan beverage made from fermented maize. In the Andes, the leaves of the coca plant are chewed to help alleviate the effects of the high altitudes. A mild stimulant (similar to caffeine), coca leaves are used to brew maté de coca, a tea drunk throughout Peru.

Arts & Entertainment: Peruvian culture is highly influenced by its Incan heritage, indigenous folk arts and traditions, and the Spanish heritage of its minority white population. Incan civilization is still extant in the architecture found throughout Peru, notably at Machu Picchu and in the city of Cusco. Important Peruvian cultural figures of the recent past include authors Mario Vargas Llosa (also an unsuccessful presidential candidate) and Cesar Vallejo; artists Jose Carlos Ramos, Jose Sabogal and Fernando de Szyszlo; and opera singer Luigi Alva. Traditional musical instruments include flutes, panpipes, drums, guitars, fiddles and horns. The national instrument is the charango, a type of mandolin. Peruvians are fond of football (soccer), volleyball, bullfighting, horse racing and cockfighting. The Peruvian national football team has appeared in four World Cup tournaments, but has only gone as far as the quarterfinals. The team was victorious in two America Cup tournaments.

ENVIRONMENT & GEOGRAPHY

Topography: Peru is home to two of the most significant geographic features in the Western Hemisphere: the Andes Mountains and the Amazon River. The Andes mountain range, or the sierra, bisects the western coastal and desert-like region, or costa, from the eastern region, which is part of the Amazon River basin known as the selva. The Amazon River originates in the Andes as a stream at Nevado Mismi, a fact which was finally confirmed in 2001 by researchers after years of speculation. From Nevado Mismi, the Amazon is formed by the Ucayali and the Marañon rivers, and then flows west roughly 6,400 kilometers (4,000 miles) to the Atlantic Ocean.

Along the coast is the Sechura Desert, where fifty-two rivers flow into the Pacific Ocean from the Amazon. Lago (or Lake) Titicaca, the highest navigable lake in the world, sits on the Bolivian-Peruvian border in the southeast. The highest point in Peru is at Nevado Huascarán, which is 6,768 meters (22,205 feet) high, in the Cordillera Blanca. Other ranges in the Peruvian Andes include the Cordillera Occidental, Cordillera Oriental and Cordillera Central.

Natural Resources: The main natural resources of Peru include copper, silver, iron ore, gold, zinc, petroleum, timber (including cedar and mahogany), fish, coal, phosphate, potash, hydropower and natural gas. Areas of environmental concern include deforestation from logging in the tropical rainforests, overgrazing in the coastal and sierra regions, desertification and soil erosion, water and air pollution (particularly in urban and industrial centers, such as Lima), and over-fishing.

Plants & Animals: Peru is a place of extraordinary biodiversity. The mountain regions of Peru include forests of mahogany, cedar, rubber and cinchona trees, as well as sarsaparilla and vanilla plants. Mesquite, cactus, and eucalyptus plants are common in the desert region. Other trees include the strangler fig, cacao and brazilnut trees, the ayahuasca vine, cassava and many other tropical plants. Llamas, vicunas and alpacas (historically important to Peruvians as domesticated animals) are common in mountainous regions. Peru is also home to more bird species than any other country in the world, including condors, macaws, hummingbirds, hoatzin (a mysterious and possibly prehistoric bird) and many others. Jaguars, howler monkeys, tapirs, sloths, agouti and capybara are common Peruvian rainforest animals. Endangered or threatened animal species include Anderson's mouse opossum, the short-tailed chinchilla, the yellow-tailed woolly monkey, the blue whale, the Incan little mastiff bat, the giant armadillo, the giant otter and the marine otter.

Climate: Peru has a diverse climate, containing many of the world's different climate types within its borders. Generally, the climate of Peru follows its regions: cold and dry in the high Andes region, arid from the western slopes of the Andes to its coast, and tropical in the Amazonian region. The mixture of the cold Humboldt Current and the warmer El Niño also affect its climate dramatically. The rainy season lasts from October to March, bringing an annual rainfall of about 86 centimeters (34 inches), although some regions receive much more than that on average. In the eastern section of the Andes, rainfall can be as high as 406 centimeters (160 inches) per year. The average temperature along the coastal plains is 20° Celsius (68° Fahrenheit). The sierra region has a temperature range of -7° to 21° Celsius (20° to 70° Fahrenheit). In Lima, the average annual temperature is 19° Celsius (66° Fahrenheit), while in Cusco, the average temperature is 12° Celsius (54° Fahrenheit).

ECONOMY

As a result of increased foreign and domestic investment in several sectors, Peru's economy is considered one of the best-managed and robust in South America.

The gross domestic product (GDP) per capita was an estimated \$9,223 USD in 2010. The labor force of Peru is 11 million strong, with a nationwide unemployment rate of just over 5.4 percent (2008 estimate).



Industry: Important industries in Peru include nonferrous metals and nonmetallic mineral mining (including copper, gold and silver), petroleum and natural gas, fishing (with anchovies being a significant part of the catch) and fish meal, textiles, and food and clothing manufacture. Peruvian exports include coffee, petroleum, minerals, plastics and machinery. Peru's major export partners include the United States, Great Britain, China, Switzerland and Chile. The mining and mineral sectors of the economy have grown in recent years, while the energy industries have been in decline since the 1980s.

Agriculture: The main agricultural products in Peru include coffee, seed cotton, potatoes, sugarcane, rice, corn, and wheat. The coca plant is also widely grown for its traditional, medicinal uses. Since the plant is also used in the manufacture of cocaine, coca cultivation has come under closer scrutiny in recent years. The most important livestock raised in Peru include cattle, goats, pigs, horses, mules, and chickens. Also important to Peruvian agriculture are the hides and wool of sheep, llamas and vicunas, used to make clothing for export.

Tourism: The tourism industry, in terms of profitability, is the second most important in Peru, behind mining. In recent years, Peru has experienced a large increase in tourism, with visits from 1.2 million people and revenue of over \$1 billion USD in 2004. Increased investments, both foreign and domestic, promise to expand the tourist industry even more. Popular tourist destinations in Peru include the former capital city of the Inca, Cusco (also spelled Cuzco). Near Cusco is Machu Picchu, or the "lost city of the Incas," a remote site that was only discovered in 1911. Ecotourists may also visit sites in the Amazon basin region, high in the Andes, or travel to islands in the middle of Lake Titicaca.

GOVERNMENT

Peru, a constitutional republic, is divided into twenty-four departamentos (departments) and one constitutional province. The government is divided into executive, legislative and judicial branches. The president, or Constitutional President, of Peru is its chief of state and head of the government; there are also two vice presidents. The president is elected to one five-year term and may seek re-election. The Cabinet of Ministers and the prime minister are appointed by the president. The legislative branch is comprised of the Congreso, a unicameral congress made up of representatives who serve five-year terms. The judicial branch consists of the Supreme Court, members of which are appointed by the National Council of the Judiciary. The country's most powerful political parties include Peru Posible (Peru Possible), which was formed in 1999, the Partida Aprista Peruana

(once known as the American Popular Revolutionary Alliance), and Unidad Nacional (National Unity).

FUN FACTS

- The Quechua language has given us the English words "condor," "guano," "gaucho," "jerky" and "potato."
- An earthquake in 1950 exposed ancient Inca ruins in the city of Cusco.
- The guinea pig, or cuy, is found not only on the Peruvian table, but in the country's art as well. Throughout Peru, depictions of the Last Supper show Christ and his disciples dining on this traditional dish.

HISTORY OF HEIFER IN PERU



Since the first activities were accomplished 39 years ago, the history of Heifer - Peru has been one of constant dedication and collaboration with rural development.

Phase One: Initial development (1963-1984). In this first stage, sporadic actions involved donating cattle and small animals to indigenous communities in the Amazon region and efforts to begin a genetic improvement program in Piura by introducing improved goats.

Phase Two: Country Office establishment (1984). Our work area expanded to several other departments, from Piura to Puno. Because of the insecurity caused by political violence in the 1980s and 1990s, which especially affected the rural zones of the southern and central highlands, the decision was made to focus on

the department of Piura (Northern Zone of Peru).

Phase Three: Environment, gender and livestock production (1992-2001). The previous phase emphasized work to stave off desertification in the dry forest environment of Piura. A gender approach and concern for environmental deterioration were tangibly incorporated. Toward the end of this period, expansion to other regions of the country began.

Phase Four: Institutional growth (2002 - 2006). As Heifer International grew, Heifer Peru also developed, defining new strategic approaches, expanding into new zones in the north and south, and increasing the number of projects and their budgets. Agro-ecology and gender equality have become increasingly important in Heifer's work.

Phase Five: Growth within the framework of food sovereignty (2007- present). We remain in a growth phase, incorporating new topics and institutional directions, as well as new stakeholders with whom we seek to complement our intervention and contribute to integrated proposals for defending rights and supporting food sovereignty. We continue to reinforce work with rural communities and youth organizations, enhancing our strategy in the areas of Education for Change, Advocacy, Inter-Cultural Relations, Gender Equality and Agro-ecology. The intervention model of implementing several umbrella projects supports the Country Program's focus on working in both urban and rural settings.

RESOURCES & FURTHER READING

US Department of State Travel Information:

Peru - http://travel.state.gov/travel/cis_pa_tw/cis/cis_998.html

Peru Embassy - <http://www.peruvianembassy.us/en.html>

CDC Website:

Peru - <http://wwwn.cdc.gov/travel/destinationPeru.aspx>

Heifer Peru Website - www.heiferperu.org

(Here you can find detailed information about what Heifer is doing in this country)

Peru Tourism - <http://www.peru.info/perueng.asp>

Peru News - <http://www.peruviantimes.com/>

Heifer.org and World Ark Articles:

"Following the Ancient Paths of Peru"

<http://www.heifer.org/site/c.edJRKQNiFiG/b.1453527/>

"Move Forward and Speak"

<http://www.heifer.org/site/c.edJRKQNiFiG/b.1464539/>

"Not Just to Get but to Give"

<http://www.heifer.org/site/c.edJRKQNiFiG/b.1453523/>

World Ark articles:

Mar/Apr 2007 – "Killer in the Kitchen"

Mar/Apr 2005 – "Sometimes Alpacas Do It Better"

You can find these articles and others on the *World Ark* archives page at

<http://www.heifer.org/site/c.edJRKQNiFiG/b.1009907/>

Further Reading:

Lonely Planet: Peru (April 2010)

The Bridge of San Luis Rey by Thornton Wilder

The War at the Ends of the World by Mario Vargas Llosa

The Way to Paradise by Mario Vargas Llosa

Bel Canto by Ann Patchett

The Moche Warrior by Lynn Hamilton

Inca Gold by Clive Cussler

People of the Andes by James Richardson

Conquest of the Incas by John Hemming

Machu Picchu Guidebook by Ruth Wright

The Lost City of Z by David Grann

Cellophane: Life in an Amazon Factory Town by Marie Arana

Movies

La Muralla Verde (The Green Wall) (1970)

Fitzcarraldo directed by Werner Herzog

The Motorcycle Diaries

ITINERARY

Tentative Schedule: September 11-20, 2011*

| Date | Activity | Responsible Person | Remarks |
|--|--|--|---|
| Sunday Sept. 11, 2011 Day One Lima | <ul style="list-style-type: none"> • Morning or afternoon arrival at Jorge Chavez International Airport (LIM) in Lima, Peru • Heifer Peru staff will provide transportation to the Hotel Jose Antonio for check-in • Dinner at the hotel | Study Tour Leader, Amparo Carrillo & Julia Terrones | Approx. 30 min. drive from the airport to the hotel Overnight at the Hotel Jose Antonio in Miraflores, Lima Tel: +511.445.7743 Website: www.hotelesjoseantonio.com |
| Monday Sept. 12, 2011 Day Two Lima | <ul style="list-style-type: none"> • Breakfast at the hotel • Visit the Country Office for introduction to Heifer's work in Peru & Cornerstones Workshop, plus Study Tours basics session • Lunch at Heifer Peru Office • Welcome dinner in a local restaurant in Lima | Study Tour Leader, Mariela Wismann, Alfredo Garcia & Julia Terrones | Overnight at the Hotel Jose Antonio |
| Tuesday Sept. 13, 2011 Day Three Lima To Puno | <ul style="list-style-type: none"> • Breakfast at the hotel and check-out • Morning flight to Puno City on Lan Peru • Check-in to the hotel and lunch • Visit the handicrafts market in Puno • Debriefing/reflection session • Dinner at the hotel | Study Tour Leader, Teresa Campos & Julia Terrones | Approx. 1.5 hr flight from Lima to Puno Overnight at the Intiqa Hotel in Puno Tel: +51.51366900 Website: www.intiqahotel.com |
| Wednesday Sept. 14, 2011 Day Four Puno | <ul style="list-style-type: none"> • Breakfast at the hotel • Visit the "Organizational Strengthening of ADEMUCP for Food Sovereignty in Puno" Project (#23-1728-02) • Witness a Passing on the Gift ceremony, meet with women leaders of the project • Lunch with the community • Travel back to Puno City • Debriefing/reflection session • Dinner at hotel | Study Tour Leader, Teresa Campos & Julia Terrones | Approx. 2 hr. drive from the hotel to the project Overnight at the Intiqa Hotel |
| Thursday Sept. 15, 2011 Day Five | <ul style="list-style-type: none"> • Breakfast at the hotel • Visit the "Aymara Youth Leadership and Self-Reliant Management for Community and Local Development in Moho" Project (#23-1734-02) • Meet with the farmers' group and visit 3 - 4 | Study Tour Leader, Teresa Campos & Julia Terrones | Approx. 2 hr. drive from the hotel to the project Overnight at the Intiqa |

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| | <ul style="list-style-type: none"> individual family farms Lunch with the community Travel back to Puno City Debriefing/reflection session Dinner at the hotel | | |
| Friday Sept. 16, 2011 Day Six Puno to Cusco | <ul style="list-style-type: none"> Breakfast at the hotel and check-out Morning flight to Cusco City on Lan Peru Check-in to the hotel and lunch Visit the Handicraft Market in Cusco Dinner at the hotel | Study Tour Leader, Teresa Campos & Julia Terrones | Approx. 1 hr. flight from Puno to Cusco Overnight at the Eco Inn Hotel in Cusco Tel: +51.73.581270 Website: www.ecoinnhotels.com |
| Saturday Sept. 17, 2011 Day Seven Cusco | <ul style="list-style-type: none"> Breakfast at the hotel Visit the "Advancing Livelihoods Through Production and Climate Change Adaptation - Alpaca Cusco Umbrella Project" (#23-1738-02) In depth project learning activities to include cultural exchange, raising of Alpacas, visit with individual families and community activity Lunch with the community Travel back to Cusco City Debriefing/reflection session Dinner at the hotel | Study Tour Leader, Teresa Campos & Julia Terrones | Approx. 2 hr. drive from the hotel to the project Overnight at the Eco Inn Hotel |
| Sunday Sept. 18, 2011 Day Eight Cusco | <ul style="list-style-type: none"> Breakfast at the hotel Morning visit to the Machu Picchu Ruins Lunch in the Sanctuary Lodge Travel back to Cusco Dinner at the hotel | Study Tour Leader & Julia Terrones | Approx. 3.5 hr. drive from the hotel to Machu Picchu Overnight at the Eco Inn Hotel |
| Monday Sept. 19, 2011 Day Nine Cusco to Lima | <ul style="list-style-type: none"> Breakfast at the hotel Final debriefing/reflection session with Heifer Peru staff at the hotel Lunch at the hotel and check-out Afternoon flight return to Lima Dinner at the hotel | Study Tour Leader, Teresa Campos & Julia Terrones | Overnight at the Jose Antonio Hotel in Miraflores, Lima |
| Tuesday Sept. 20, 2011 Day Ten | <ul style="list-style-type: none"> Breakfast at the hotel (if flights allow) and check-out Return flights from Jorge Chavez International Airport (LIM) in Lima, Peru | Study Tour Leader & Julia Terrones | |

**Please Note: The trip itinerary is subject to change at any time, even once a trip commences.*

STAFF JOINING THIS STUDY TOUR

Staff bios and pictures to come soon!

MAPS



“Organizational Strengthening of ADEMUCP for Food Sovereignty in Puno” Project (#23-1728-02)

This project will help women who belong to organizations in the provinces of Melgar and Azángaro, in the Puno Region, especially those who experience various forms of discrimination because they are Quechua or Aymara, small farmers, or have little education or knowledge of their rights. The goal is for local and regional women’s organizations to participate in the design and oversight of public policies conducive to food security and increased income, based on affirmation of culture, production systems and fair exchange. The project will strengthen organizations and production processes to reinforce food security by training 151 women leaders, who will share their knowledge with 1,000 more. Assistance will also be provided to eight grassroots women’s organizations, reaching 240 women and their families with inputs and equipment. The pass-on chain will reach another 240 women, for a total of 1,631 women.

“Aymara Youth Leadership and Self-Reliant Management for Community and Local Development in Moho” Project (#23-1734-02)

This project will be implemented in the rural Aymara communities of the District of Moho in the Puno region. The population here lives in extreme poverty. Social exclusion and under-valuing of rural youth results in many young people emigrating to cities, and in some cases, to the jungle and to mining centers. This project, therefore, seeks to build the capacities of youth to recover and consolidate the production systems of Aymara communities. Heifer will provide sheep, guinea pigs and native seeds to 300 youth— 100 original youth and 200 who will benefit from passing on the gift. The youth will also receive training and educational materials and will share knowledge and resources with others. Youth and adults will interact, generating healthful social relations, enhancing their recognition and involving them in community and local affairs. Ultimately, the project will actively involve local youth in managing production and socio-cultural development thus directly improving their communities, and indirectly influencing the district and provincial level in Moho.

“Advancing Livelihoods through Production and Climate Change Adaptation -Alpaca Cusco” Umbrella Project (#23-1738-02)

The Alpaca Biodiversity in High Andean Communities Project will work in 22 high-Andean, indigenous, small-farming communities dedicated primarily to raising alpaca. The communities are located in the Quispicanchi and Canchis provinces, in the Cusco region. These communities face high levels of poverty, high levels of vulnerability due to the consequences of climate change, severe deterioration of natural resources (particularly water and pastureland), low income, low market value of local production and of alpaca varieties in the region, and little diversity of food.

The project will help reduce vulnerability to climate change and food insecurity of 4,333 alpaca-raising families (2,003 original families and 2,330 through Heifer’s

Pass on the Gift process). The project will improve their living conditions and increase their capacity to handle the impacts of climate change. Specifically, this project will work to strengthen the families' food and organizational systems while reducing their vulnerability with regard to the scarcity of water and diminishing pasture for the alpacas. This project will also support the production and marketing of high-quality alpacas and generate processes of local and regional advocacy to protect and defend community members' rights. Heifer will supply alpacas, veterinary first aid kits, improved cooking stoves, training, opportunities for exchange of experiences and technical assistance.