



## ***Helping communities in Peru***

### **The Vida Project**

#### **General Information**

The Vida project is a Peruvian voluntary organization working with children and young people age 5 to 16 years old from out of the skirts of Lima capital, in the poorest suburbs of Ventanilla district.

The Vida project aims to prevent young people become at risk of exclusion due the lack of education and social development. Our work efforts are concentrated in the Ventanilla district and surroundings district neighbourhood.



Overseas volunteers would participate in activities with the local volunteers and learn together from mutual experiences. You will be living with a local family from this community and thereby experience an active cultural exchange.

### **What are the issues?**

Educational failure has been a problem that affects children and young people on educational age from different parts of Ventanilla. The result of this educational failure is represented in the high rate of absentee at schools. Also young people lack of social skills has a result on a low self-esteem that affects their education.

Absenteeism and a low academic performance are risk factors linked to lack of specific educational support and attention by their parents and educational institutions.

Factors to consider are:

A-Family relations have effect children in their academic performance.

B-The absence of positive values

C-Lack of basic school material.

As a consequence of these factors children are developing:

- Very slow reading habits, lack of critical capacity, lack of participation in conferences, theatres, expositions or cultural expressions.
- Children presenting curricular gaps in reading, writing and in the concentration of Literature, History, Language as well in Mathematics.

### **What our aims and objectives?**

The main core of the Vida project is to engage children in after-school programs with additional educational, recreational, artistic and social development.

To succeed in our mission in supporting this community we have come across with the following aim:

- To promote and support educational activities and social relationships for the community's development using our community centre.

## **Our community centre is focusing in:**

### **A-Educational areas**

- By coaching children on their basic education level and improve their general academic performance.
- By teaching positive attitudes possible for a learning environment.
- By improving children skills like attention, memory and concentration.
- By preventing school absenteeism helped by our educational activities.
- By monitoring young people educational development.
- By mentoring youngsters the importance of education and the practical learning skills, which will help them to search for a better future.

### **B-Personal and social development**

- By educating young people with positive values.
- By teaching children team work for personal and social growth.
- By fomenting creativity in children lives which allow them searching new solutions and alternatives to current problems.
- By improving children self-esteem through the reinforcement of positive appraisal.
- By teaching children listening and communication skills, and creating an environment that helps their personal development as well as the formation in decision making.
- By educating young people in being assertive.
- By educating young people in getting healthy life habits.

### **C-The use of free time**

- By stimulating sports practice in young people.
- By engaging young people in outdoors activities and get in touch with the nature.
- By mentoring young people in prevention of drug addiction.
- By teaching young people cultural awareness in order to motivate them to improve the reality of their own settlement.

### **D- Family Area**

- By strengthening young people social and family relationships.
- By improving families' cooperation and involvement in the educational process of their children.

The project Vida has liaised with local educational schools and at the moment we are working with parents to support them in the education of their children.

We are also organising meetings between teachers, volunteers, youngster, and parents to address the issues of absenteeism, and involving parents in educational activities to support their children.

The project is getting positive results which are measured on an improvement in student participation at their schools but also in their learning process.

This community centre project is aiming to achieve sustainability and we provide workshops to involve actively the local community. Through group dynamics the following contents are discussed:

### **Social Educational and Informal Education Activities-Workshops**

Education for Health: sexual education, drugs prevention, environmental awareness

Education for Peace: cultural awareness,

Improvement of self-esteem: Communication skills and team work.

### **Workshops with Parents**

We are providing community activities that are performed with the parents in order to mentor them to address social relations in their community.

### **Craft Workshops**

We have set up workshops to motivate the creativity on young people using different materials like and recycling material, making t-shirts, pottery, painting, etc.

### **School Activities-going out into the country**

We are educating children how to help their district to provide an environment free of toxic elements and to live within a healthy environment.

### **Sport Activities**

We are focus in promoting sports and allowing the interaction of this time for social relations in this way young people will know healthy habits and new games.

### **Cultural excursions**

We are promoting one-day excursions to museums, historic areas, expositions, to educate and value the history of our nation.



### **Organization and planning of activities**

You will be supported to develop your own activities according to your skills and education.

### **Time table on Vida project (Brief description)**

The Vida project is running the whole year and we have split a calendar for activities as it follows:

**1-Receiving a Smile (December)** collection and distribution of Christmas presents

**2-Early Stimulation** (from April until December)

**3-Learning in the summer** (January/March): working with children doing workshops in cultural, recreational excursions, camping and other activities.

**4-Learning by Teaching** (April-November): supports children education with workshops for personal development and personal skills

**5-International Winter Work camp** (July/August): develop activities to improve community development.

We have also organised educational activities for orphans from 2 to 5 years of age, involving them in artistic workshops such as drawing, painting and theatre.

Volunteers are expected to work with infants approximately 1 to 2

hours per day, usually in the mornings. Overall you will be working an approximated of 5 hours a day within our monthly programs of outreach work.

### What do you need to do to get involved?

- Have conversational Spanish skills.
- Be motivated and able to use your own initiative.
- Have good communication skills to work with children and young people.
- Be patience, and flexible as there is not fixed hours.

Gap year students could get in this settings a fantastic opportunity to learn more about team work within a challenging environment.

Career breakers with experience in coaching, social work, psychology, medical background, teaching, support work, or other professions are very welcome.

### The Vida project-Cost fee

This project has special rates for students and covers as it follows:

- Your welcome arrival at the airport in Lima
- Transfer to your placement within the host country
- Induction and coordination of activities led by the local coordinator
- Your accommodation and meals for the 1<sup>st</sup> month only
- Access to special fares if you decide to take part in our unique tours

### Vida project cost without Spanish lessons

	<b>Standard fee</b>	<b>Student Fee***</b>	
<b>Project</b>	<b>Selva Verde</b>	<b>Selva Verde</b>	<b>Minimum *Extra Cost</b>
<b>Length</b>	<b>1 month</b>	<b>1 month</b>	Per additional month staying at a family accommodation in Ventanilla recommended by us including food
<b>Pounds Sterling*</b>	£315	£285	<i>Equivalent</i> £133
<b>US Dollars**</b>	\$550	\$465	\$300
<b>Euro**</b>			

## Vida project cost with Spanish lessons

	<b>Standard fee</b>	<b>Student Fee***</b>	
<b>Project</b>	<b>Selva Verde</b> Spanish lessons	<b>Selva Verde</b> Spanish lessons	<b>Minimum *Extra Cost</b>
<b>Length</b>	<b>1 month</b> including basic to intermediate Spanish lessons****	<b>1 month</b> including basic to intermediate Spanish lessons****	Per additional month staying at a family accommodation in Ventanilla recommended by us including food
<b>Pounds Sterling**</b>	£485	£420	<i>Equivalent</i> £133
<b>US Dollars**</b>	\$770	\$670	\$300
<b>Euro**</b>			

\*The first payment covers your placement, host family accommodation and main meals for the first month. Any additional month you stay is made payable by you directly to your host family. The extra cost is payable in US dollars and will include your meals too. The approximate period of stay with a host family is up to a maximum of 3 months. There is no further cost involved in your placement.

Using another type of accommodation, such as a private hostel, can be arranged. Inka Magik will negotiate a special rate for you but if you desire to stay longer than 3 months you must check your visa conditions, our website visa section provides more information about this, although it is advisable to check with your national authority for the most up to date visa information.

\*\*Please note, these rates might slightly change accordingly to the exchange rate and it has to be taken as a reference only. Thus, Inka Magik will let you know in time at least 8 weeks before the cancellation of your fee placement about the exchange rate fluctuations and what you should be paying to the host family if you decide over stay any other months only.

\*\*\* Students must have a valid ISC card to access this price and you to send us a copy of your ID.

\*\*\*\*Spanish intermediate language tutorials cover private tuition spread at a minimum of 6 hours per week.

Other costs

- Not included in the placement fee
- International single/return flights from any destination worldwide.
- Private insurance.
- Spending money

Please note that placements are unpaid

**Optional Tour: *Adventure - The Alternative Inka Trail to Machu Picchu***

We are pleased to invite you to join one of the alternatives routes to Machu Picchu and, one of the least visited. The cost of this tour covers your travel cost by bus from Lima and accommodation for you to stay in Cuzco, city of the Incas.

**Option A-Cost Vida project without Spanish lessons but including tour**

	<b>Standard fee</b>	<b>Student Fee*</b>
<b>Project</b>	<b>Selva Verde</b>	<b>Selva Verde</b>
<b>Length</b>	<b>1 month without Spanish Lessons but including Eco Tour only</b>	<b>1 month without Spanish Lessons but including Eco Tour only</b>
<b>Pounds Sterling*</b>	£630	£595
<b>US* Dollars*</b>	\$1,020	\$964
<b>Euro*</b>	€699	€360

**Option B-Cost of Vida project including Spanish lessons and tour**

	<b>Standard fee</b>	<b>Student Fee**</b>
<b>Project</b>	<b>Selva Verde</b>	<b>Selva Verde</b>
<b>Length</b>	<b>1 month Spanish Lessons and Eco Tour included</b>	<b>1 month Spanish Lessons and Eco Tour included</b>
<b>Pounds Sterling*</b>	£675	£635
<b>US* Dollars*</b>	\$1,080	\$1,025
<b>Euro*</b>	€749	705

\* Please note, these rates might slightly change accordingly to the exchange rate and it has to be taken as a reference only. Thus, Inka Magik will let you know in time at least 8 weeks before the cancellation of your fee placement about the exchange rate fluctuations and what you should be paying to the host family if you decide over stay any other months only.

**Our service for this unique eco-tour includes:**

- Journey from your placement in Lima by double deck bus with sofa-beds to Cuzco city.
- 2 night's accommodation in Cuzco
- Accommodation: 2 nights at family-run hostels, 1 night camping during travelling
- Bilingual guides
- Bicycles
- Entrance fees to national park & sanctuary of Machu Picchu
- Camping equipment (dining, tents, mats, etc.)
- Bus ticket from Aguas Calientes-Machu Picchu (roundtrip)
- Train ticket from Hydroelectric to Aguas Calientes
- Train ticket from Aguas Calientes-Cusco

**INKA JUNGLE TRAIL: NEW ALTERNATIVE 4 days and 3 nights ROUTE TO MACHU PICCHU**

**DESCRIPTION**

This is an alternative route that provides adventure for people who want to enjoy a journey filled with stunning landscapes, The Valley of the Convention (Quillabamba.)

The day before your departure a guide will visit you at your accommodation and give you more details of your trip and discuss any questions you might have before travelling the next day.

On the day of your trip private transport will come to collect you at 7.00-7.30am and will aim to leave the city of Cusco at 08:00 am.

We will be travelling for about 1 hour to a location out of Cuzco called, Abra Malaga, which's highest point is 4,350 meters over sea level. From this location we will begin one of the wonderful hikes, alone in a world that has been compared to Coroico in Bolivia.

Supported by the local staff and guides we will be cycling downhill from the highest point using our mountain bikes for about 4 to 5 hours. During this journey you will see the vastness of the valley of the Convention and appreciate the diverse flora and fauna. Our journey will take you into the upper jungle area and visit the Wamanmarka Inca ruins.

We will continue the journey on our bicycles reaching an altitude of 1,430 metres and head towards the town of Santa Maria. You will spend this first day at a family lodge with basic services (accommodation will be shared with other travellers from our own group.) On this town we will have our dinner and a short summary of the day and comments on the trek.

The next day, after breakfast, we will start walking along the river bank, observing animals of the region, e.g. hummingbirds, parrots, other interesting birds, agile centipedes, lizards.

During our walk also we will identify medicinal plants and savour the fruit plantations, such as banana, mango, oranges, tangerines, cocoa, pacay and crops of cocoa and coffee, etc. Then we will go to a little village called Qellomayo, where we will have lunch, then continue on to the hot springs (hot water with healing properties are also called medicinal water because they cure body aches and are excellent for relaxation of the muscles after a walk like ours.)

After a relaxing bath we will head to the village of Santa Teresa (1,990 meters above sea level) and spend the night in more family-run accommodation within this local community. The walk from Santa Maria to Santa Teresa will take around 6-7 hours.

On the third day we will be walking from Santa Teresa to Aguas Calientes village taking us about 7 hours. During this journey you reach the train station called Hydroelectric, named so because you will see a waterfall which provides electricity to the surrounding villages. When reaching this point you will have the option to take the train you to the town of Aguas Calientes, or keep walking until we reach our final destination.

Most part of our walking will be following the railroad tracks and enjoying the jungle, until we arrive in Aguas Calientes around 17:00 hours.

At our arrival we settled into our respective accommodation.

After a good rest, on the 4th day we will get up very early and walk the Inca citadel of Machu Picchu (2,438 meters over the sea level.) To get to see the first rays of the sun, and the impressive Inca construction. We will have approximately 2 hours of guided tour and after you will have a free time to visit other parts of the Inca citadel. We suggest you to climb to the summit of the Huaynapicchu (Young Mountain) at 2667 metres over the sea level, since there lies be an impressive view of Machu Picchu.

Finally after a pleasant adventure in the Peruvian jungle you will travel to Ollantaytambo by train and then transferred to a bus to Cusco city. ***Please note that the itinerary is subject to change and if you make any additional plans yourself they will be at your expenses.***



***Thank you very much for spending time with us! Your help will be much appreciated and please feel free to pass on details about our projects to others!***