



**VIVOL**  
[www.vidayvoluntariado.org](http://www.vidayvoluntariado.org)  
**PERU**



# PERU

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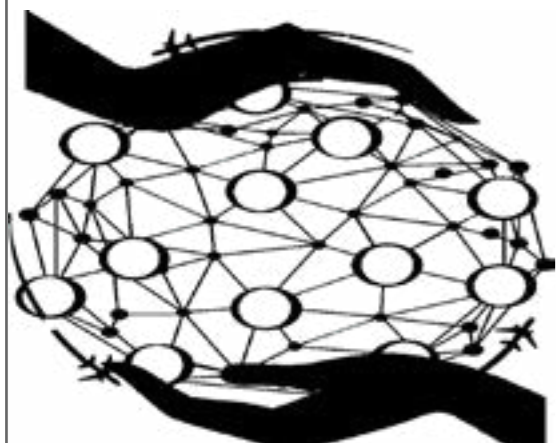
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**PERU  
GENERAL ASPECTS**

# GENERAL ASPECTS



## **Capital City**

Lima

## **Official Languages**

Spanish, Quechua and Aimara

## **Government**

Unitary presidential republic

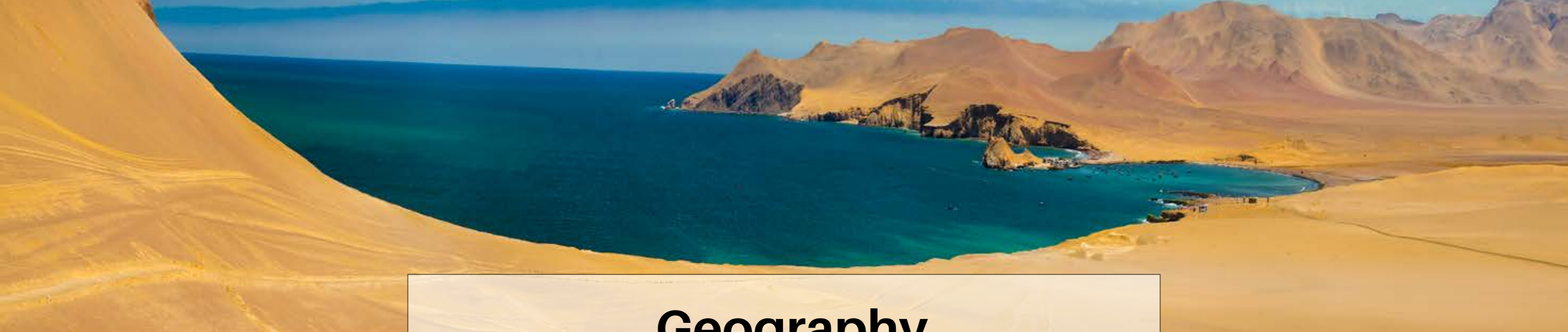
## **President**

Martín Vizcarra

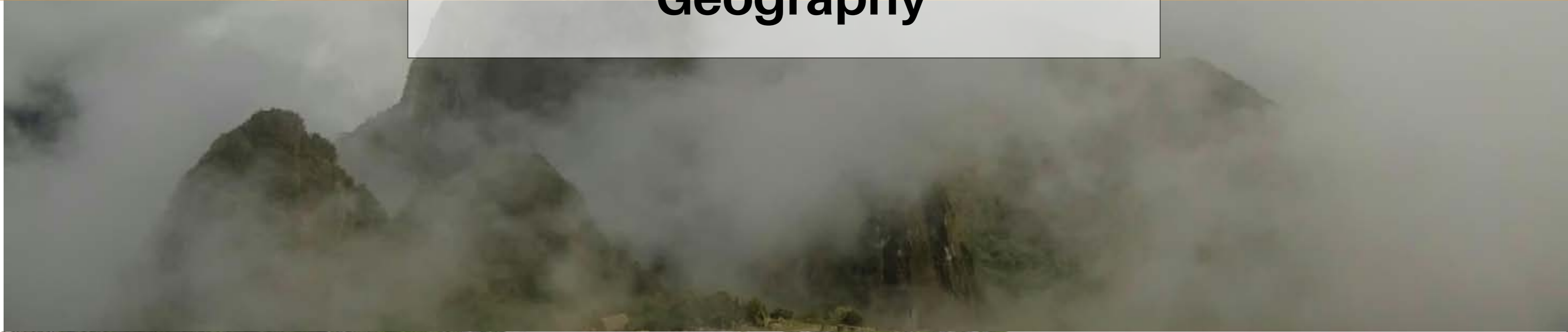
## **Currency**

Nuevo Sol





# Geography



# Geography



Peru is located in the western part of South America. Its territory borders Ecuador, Colombia, Brazil, Bolivia and Chile.

It has an estimated population of over 31.5 million inhabitants.

# Geography



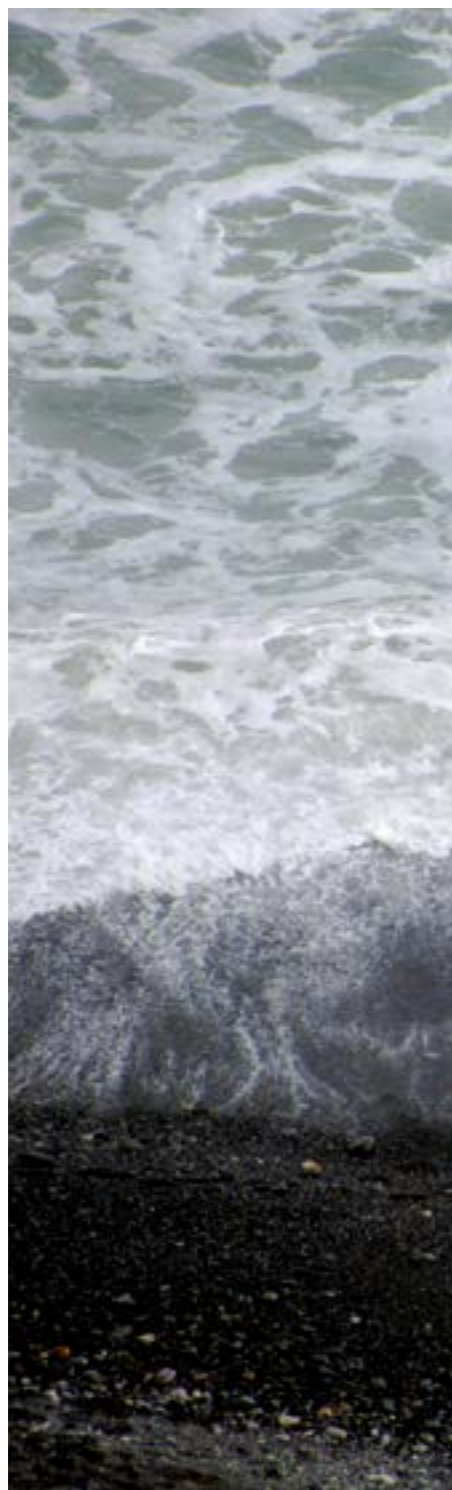
The country is divided into 25 regions or departments.

It has 11 ecoregions, including 28 of the 32 world climates, however, it could be divided in three main regions Coast, Mountains and Jungle.

# Geography Regions

## Pacific Coast

The coast is a long desert strip that stretches from Tumbes in the north bordering Ecuador, to Tacna in the south bordering Chile. The average temperature from December to April is 25 to 28C and the average temperature from May to November is 12 to 15C. The coast occupies 11% of the territory but is home to more than 50% of the population.



# Geography Regions



## Mountains

The Andes mountain range, occupy 30% of the territory. It runs along the western side of the country almost parallel to the Pacific. The Andean mountain range is the world's longest and extends to seven countries, starting from north to south, from Venezuela, Colombia, Ecuador, Peru, Bolivia, Chile and Argentina.



# Geography Regions

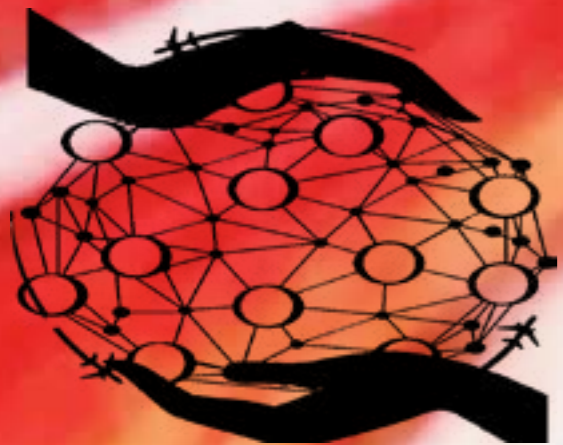


## Amazon / Jungle

The Jungle occupies 59% of the territory. It has two parts, the high and the low Selva. The high jungle lies at the feet of the Andes and grows in the slopes of the mountains. On the other hand, the low Selva is part of the world's largest rain forest. The jungle is home to more than 1,000 species of frogs, 10,000 species of mammals, 1,500 species of birds and 3,000 species of fish.



**PERU  
CULTURE**

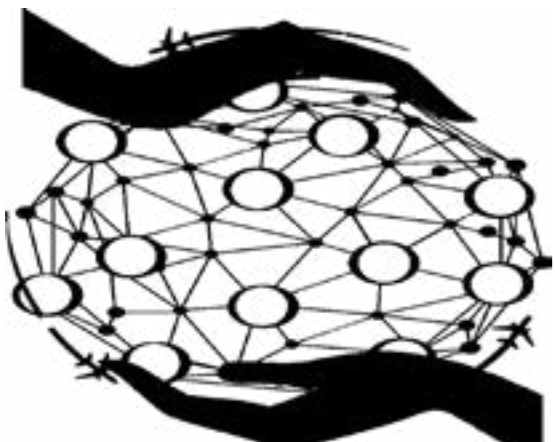


# SOCIETY



Peru's complex social system and its hierarchical values were inherited from colonial times and continue as guidelines and principles that regulate social and interpersonal behavior that have become part of the culture.

Society could be divided in three social classes. The upper class, approximately 3% of the total population. The middle class consists of the workers and professionals about 60% of the population and the lower class is formed by the workers and the farmers.



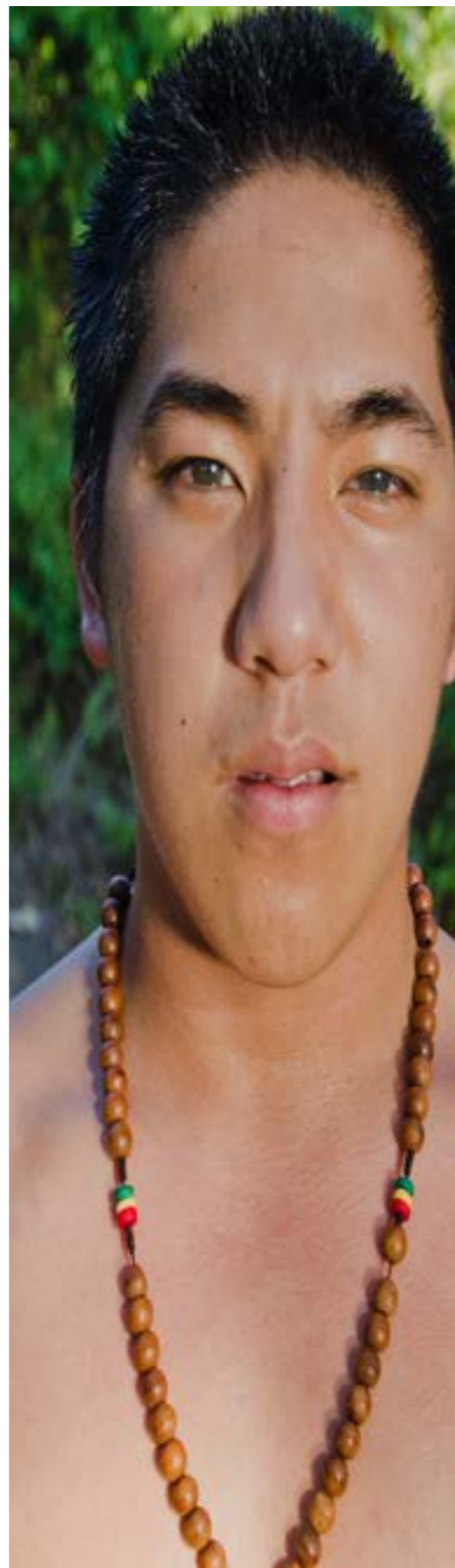
# SOCIETY



Society is determined by a set of beliefs, customs and way of life inherited from the native Incas, Spanish conquistadors and settlers. Immigrant groups such as Africans, Japanese, Chinese and Europeans have also contributed to the society, blending the cultures and ways in which Peruvians live.



# SOCIETY



## Population structure

Amerindian (natives) is the largest ethnic group representing 45% mestizo population with around 37% (mix of white European and Amerindian), Whites represent 15% of the population Asian-Peruvians represent 3%.

Spanish is the official language of Peru and is spoken by 84% of the population. In addition, 47 native languages are spoken in the country, including Quechua and Aymara, spoken by 13% and 1.7% of the population, respectively.



## RELIGION



Peru society has been dominated by the Catholic Church. Nearly 90% of Peruvians still call themselves Catholic. In fact it's one of the most Catholic countries in the world.

Many Amazonian tribes were not reached by the early influence of Christianity due to their remoteness. These communities have maintained their original religion.

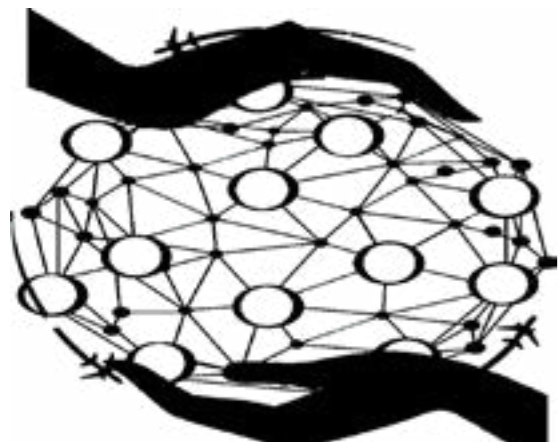


# FAMILY



Peruvians agree on the importance of family and religion. Religion will determinate the behaviour in most of the families, it has a strong influence on the way a person see whats is right and wrong.

In many cases generations of a family live together where the younger look after the elderly and help each other in difficult times.



# GENDER



In Peru, women face a number of inequalities and barriers, including a large gender pay gap, early marriage and pregnancy, sexism in the media, and attitudes that they should only care for children and do housework. But chief among the challenges these women confront daily is domestic and gender-based violence.

The patriarchal culture is still noticeable.



**PERU  
FOOD**



# FOOD



Peruvian food is different in each region, so what they eat depends on where they live.

Cuisine from the coast is based on seafood. Dishes from the Amazon use fish available in rivers and lots of tropical fruits. Andean cuisine is based on potatoes and meat.

Thousands of years ago potatoes, maize, quinoa, guinea pigs, the meat of llamas and guinea pigs were the only resources in the Andes, thus, Peruvian food has adapted them as base or principal component on their dishes.



A close-up photograph of two slices of bread topped with a thick, orange-red sauce, melted cheese, and slices of tender beef. The bread is dark brown and appears to be toasted. The background is a plain white surface.

**Lomo a la huancaína**

A photograph of a white, shallow bowl filled with a thick, yellowish-orange sauce. The sauce is garnished with fresh green herbs. The bowl is set on a green and white patterned placemat.


**Aji de gallina**

A close-up photograph of a roasted cuy (guinea pig) leg. The skin is dark brown and crispy, with some charred areas. The meat is visible underneath. The background is blurred, showing warm, colorful lights.

**Cuy**

A photograph of a glass filled with a dark purple liquid, likely chicha morada. The glass is garnished with a slice of lime. The background is a blurred indoor setting with warm lighting.

**Chicha morada**

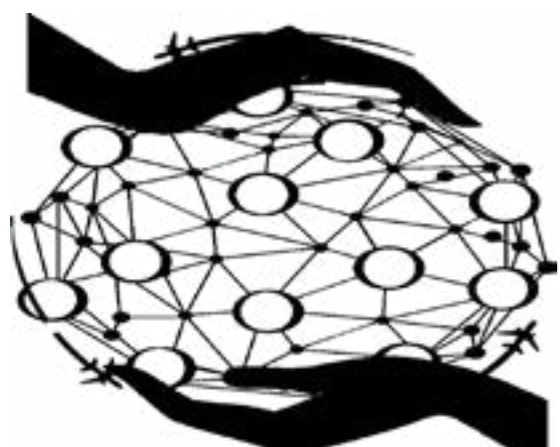
A nighttime photograph of a city street lined with tall apartment buildings. In the foreground, a multi-level tennis court complex is visible, featuring several courts with blue and green surfaces, surrounded by brick walls and greenery. Streetlights illuminate the scene, and a red circular sign is visible on a building in the distance.

# PERU ECONOMY

# ECONOMY



The Peruvian economy has experienced different phases of economic development since the turn of the century. Between 2002 and 2013, Peru was one of the fastest-growing countries in Latin America, with an average GDP growth rate of 6.1 percent annually. A favorable external environment, prudent macroeconomic policies and structural reforms in different areas created a scenario of high growth and low inflation. The strong growth in employment and income sharply reduced poverty rates. The poverty rate fell from 49.9 percent in 2004 to 26.1 percent in 2013.

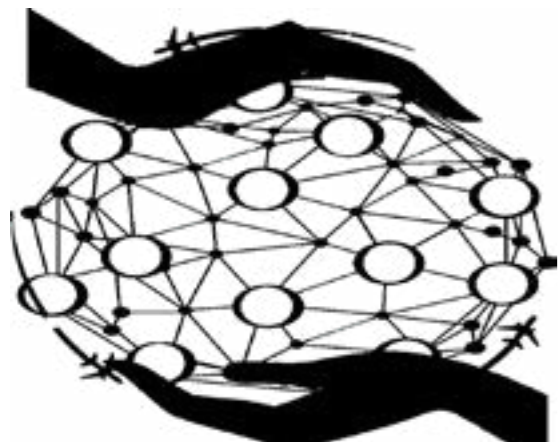


# ECONOMY



Between 2014 and 2017, GDP growth slowed, mainly owing to the decline in international commodity prices, including copper, the leading Peruvian export commodity. This led to lower private investment, less fiscal income and weak consumption. Over the past four years, GDP grew an average rate of 3.1 percent.

For 2018, GDP growth is expected to accelerate based on stronger private investment, especially mining, in response to the partial recovery of commodity prices.



# ECONOMY



## **GDP - composition by sector:**

agriculture: 7.5%

industry: 36.3%

services: 56.1%

## **Natural resources:**

Copper, gold, silver, zinc, lead, iron ore, fish, petroleum, natural gas, and forestry. Industries: mining of metals, petroleum, fishing, textiles, clothing, food processing, cement, auto assembly, steel, shipbuilding, metal fabrication

## **Agriculture - products:**

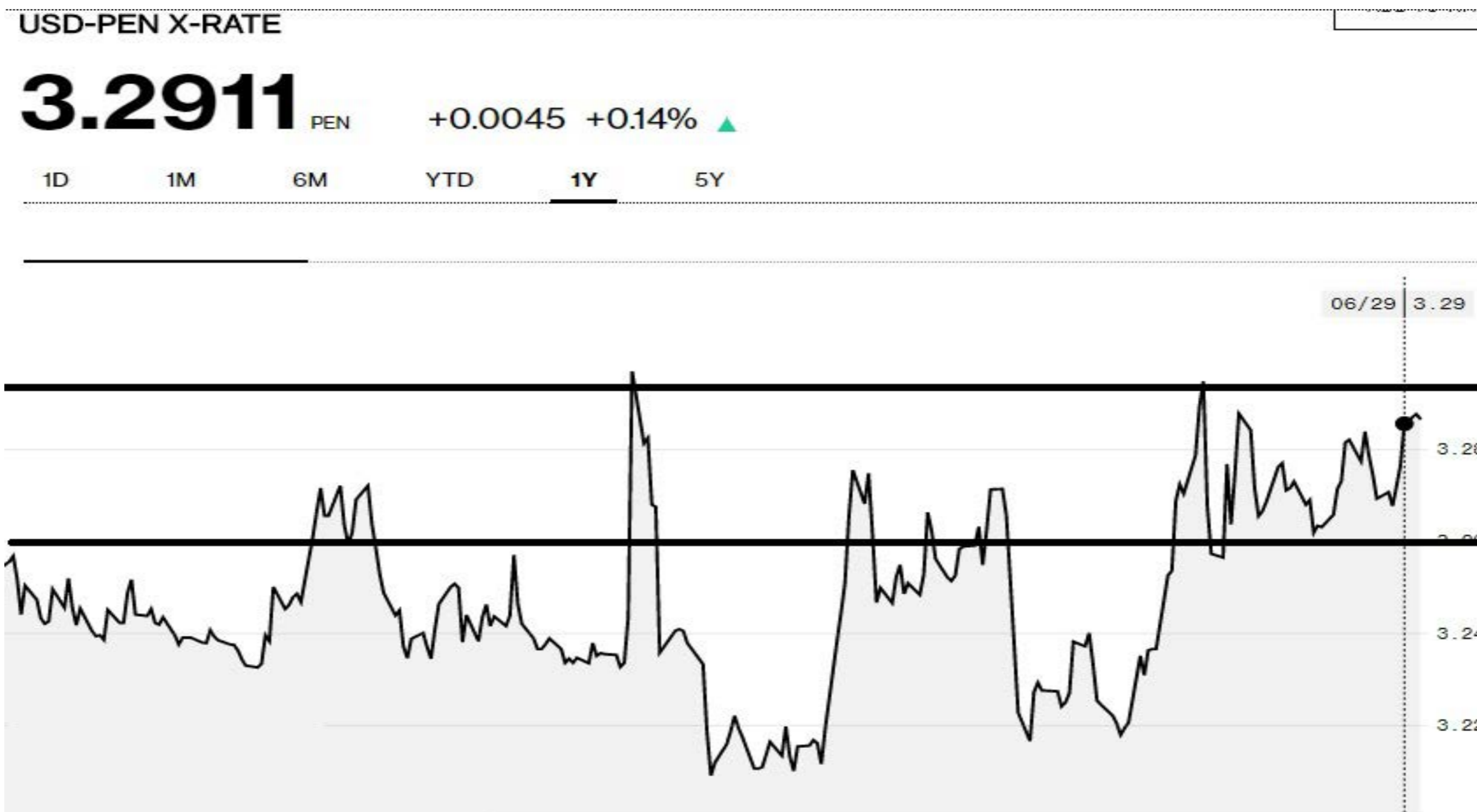
coffee, cotton, asparagus, paprika, artichokes, sugarcane, potatoes, rice, banana, maize, poultry, milk, others.

## **Exports - commodities:**

gold, copper, fishmeal, petroleum, zinc, textiles, apparel, asparagus, coffee, others



# CURRENCY



**Currency:** nuevo sol (PEN)

**Currency code:** PEN

**Currency price:** 1 USD = 3.29 PEN

**Currency fluctuation:** The currency fluctuation is equivalent to +/- .30. in the last year the currency price has been stable.



## CURRENCY - PRICES



ITEM	PEN
Lunch	8.00 - 20.00
Bus ride (internal)	1.00 - 3.00
Coca-Cola (1l)	3.00
Hamburguer	2.00 - 15.00
Bottle of Water (1l)	1.50
Cigarretes	20.00
Beer	4.00 - 10.00
Bread (e/o)	0.20 - 1.50
Newspaper	3.00
Cinema ticket	8.00 - 20.00
Tea or coffee	2.00 - 8.00
Letter	9.00 - 15.00
Restaurant meal	15.00 - 25.00
Ticket to dance	Free - 20
Letter to Europe	10

\*Prices shown are in PEN (Soles).



**PERU  
GOVERNMENT**



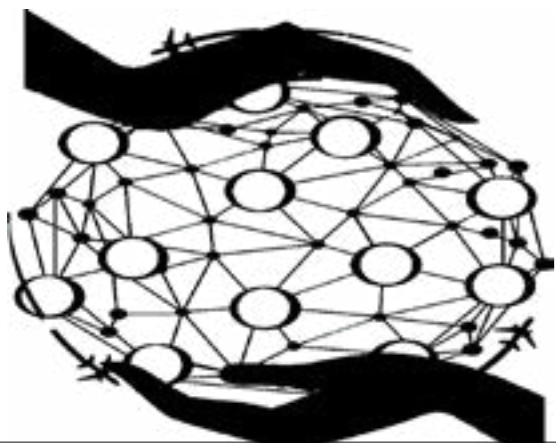
# GOVERNMENT

Peru's political history has been punctuated by numerous military coups and changes of constitution.

The 1993 Peruvian constitution, which has since been amended several times, decrees a government headed by a president who is popularly elected to a five-year term and serves as chief of state and head of government.

The president can be reelected but is prohibited from serving consecutive terms.

Nowadays, Vizcarra is the current president of Peru. He assumed power after former president Kuczynski resigned. The relation that Kuczynski had with some corruption issues forced him to resign.



# GOVERNMENT



Vizcarra, previously a civil engineer working in the construction business, came to politics in 2010, when he was elected governor of the southern city of Moquegua. He gained national recognition.

in July 2016, he worked for the Ministry of Transport and Communication, at the end of May 2017 There was controversy as he tried to build the Chinchero airport, which caused furious reactions costing him his job at the Ministry.

he left for Canada, where he was the Peruvian ambassador until he was summoned back

The public opinion is divided.

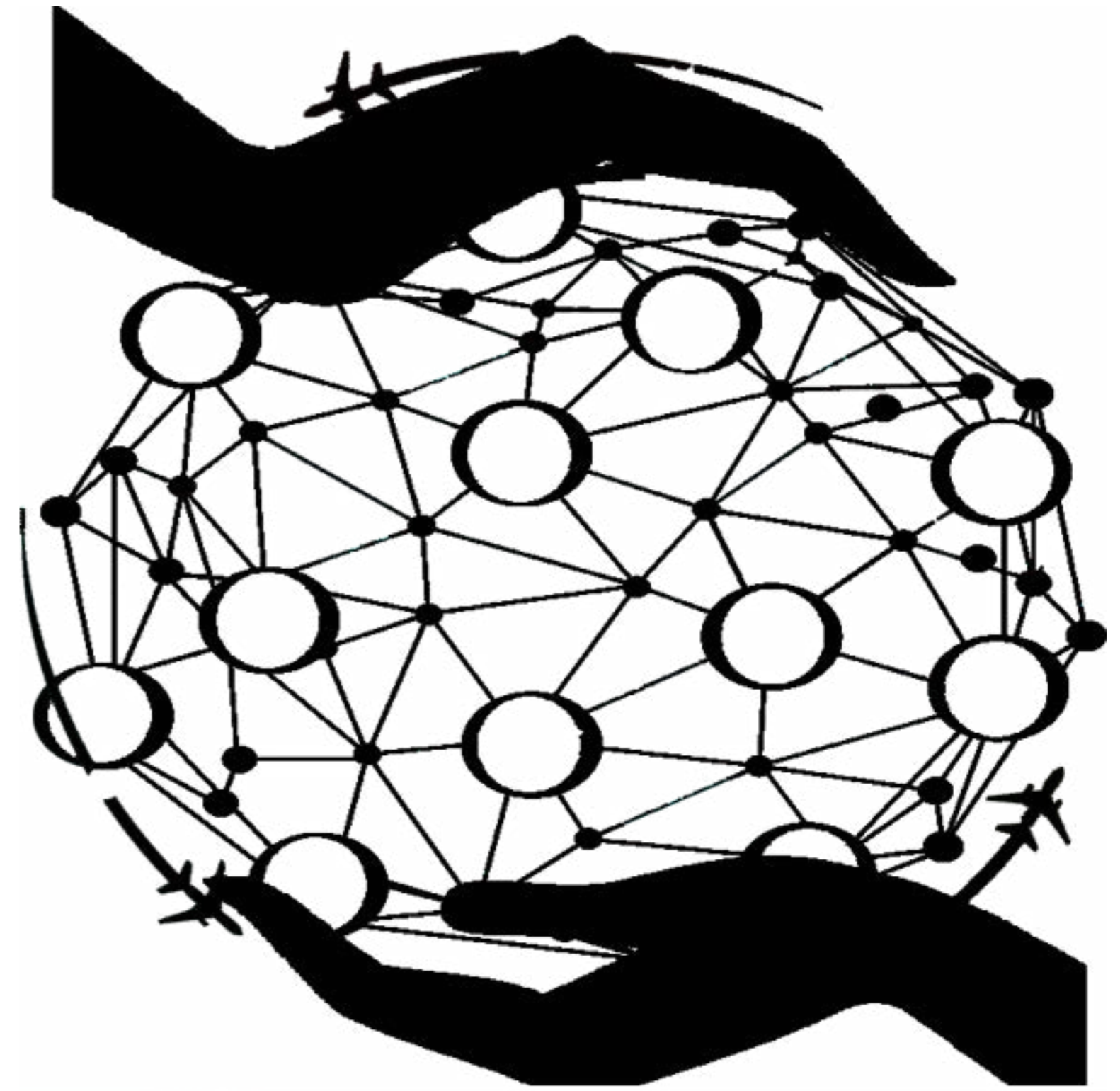


**VIVOL**



## GENERAL ASPECTS

“Asociacion Vida y Voluntariado VIVOL” is a non-profit organization that provides intercultural experiential education through voluntary community service”



# VIVOL

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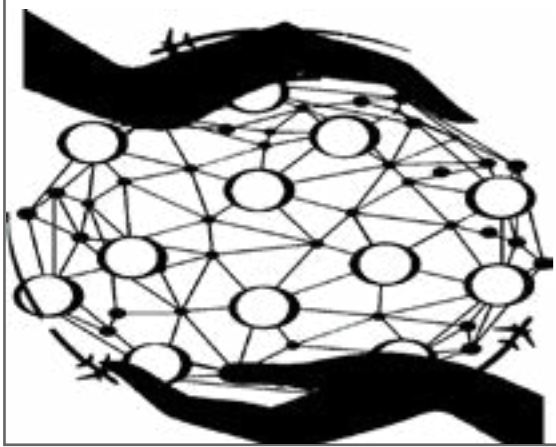
[info@vidayvoluntariado.org](mailto:info@vidayvoluntariado.org)

(+51) 960 812 348

(+51) 994 143 152

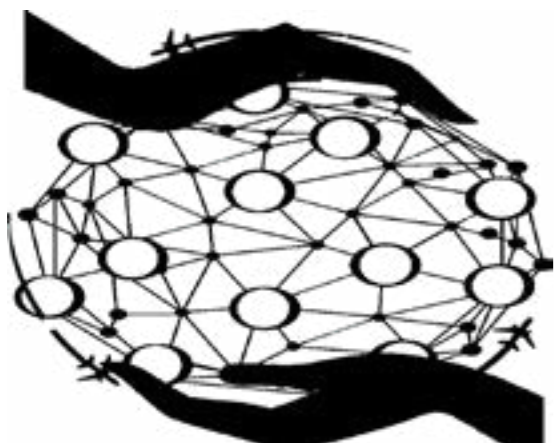
## VALUES AND AIMS

VIDA y VOLUNTARIADO (VIVOL) is a nonprofit organization that promotes experiential education through multicultural integration processes. With this format we are looking to generate an impact not just on the volunteer but also in the different communities, projects, people that volunteers will assist through local and international voluntary service.



## VALUES AND AIMS

- Responsibility
  - Proactivity
  - Solidarity
  - Friendship
  - Tolerance
- Mutual Understanding
  - Cultural Diversity
- Intercultural Learning
  - Languages

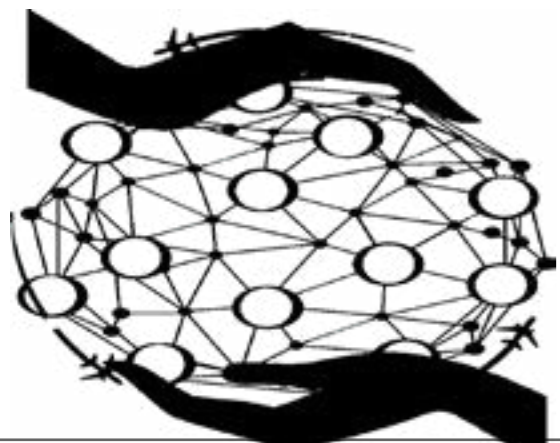


- Provide international exchange programs
  - Empower voluntary service
- Implement intercultural education
  - Promote International cooperation
  - Support local NGOs
- Allocate resources on projects
- Grant opportunities to people without economical resources

# MISION AND VISION

## Mision

Promote experiential education through facilitating multicultural integration processes. Through international exchange programs empower young people and the civil society to have a different perception of the world based in equity and equality and self-consciousness about what they can do for the welfare of others.



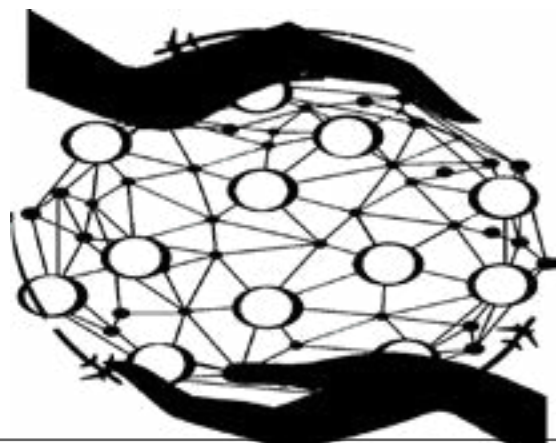
## Vision

Become the first option in Lima for international exchange programs and alternative learning processes. Create programs and spaces to collaborate directly with different social organizations, in order to, take part in social development projects..

# PROGRAMS

## **Local volunteering placements for international candidates**

We enable youth and adults from abroad to participate in voluntary activities in Peru. Our organization ensures that the candidates are provided with a safe and welcoming environment for the duration of their stay. Our ambition is that they return home having made a meaningful contribution to local social projects while gaining insights and skills for their own personal development.



## **International volunteering program for local candidates**

We offer Peruvian youth and adults the opportunity to participate in voluntary activities abroad. Through our collaboration with international organizations, we enable placement in interesting social and cultural projects, ensuring a safe and welcoming environment and taking care of the necessary formalities. Here too, our ambition is that Peruvians return home having made a meaningful contribution to society while gaining insights and skills for their own personal development.

# SERVICES

## **VIVOL will provide the following services for the incoming/local program**

- Find and encourage cooperation with suitable projects
- Organize the placement of the volunteers
- Have contact with volunteers, prior program, in order to prepare them overseas (Q&A, provide information, interviews, etc.)
- Liaison with the necessary local authorities and organization
- Be responsible of the safety and security of the volunteers during their program

- Communicate to sending organizations, families, and authorities about changes, problems and risk situations
- Be responsible of the legality of the volunteers during their program
- Provide training seminars to the volunteers
- Provide resources to the volunteers through their program
- Evaluate volunteers and project during their program
- Be the legal representative for the volunteers in Peru

# SERVICES

## SEMINARS

•VIVOL will provide training seminars for its volunteers. The volunteers will have **three seminars** during their program:

- 1. Orientation**
- 2. Mid term**
- 3. Final**

All the volunteers will be hosted either with a host family or in the project.

The information regarding the accommodation will be sent to you about one month before coming to Peru.

## EXPENSES

VIVOL will cover part of the volunteer's expenses, aligned to the local economic situation and the volunteer's personal situation:

**1. Pocket money:** Volunteers will be given pocket money monthly to cover basic expenses.

**2. Transport money:** Projects will be close to your living arrangements, however, often the volunteer will have to ride a bus to get to the project. You will be given transportation money from VIVOL for this purpose if needed.



# MISCELLANEOUS



A wide-angle landscape photograph of a calm lake. The foreground is a rocky shore with grey gravel and patches of green grass. A large, dark, layered rock formation sits in the middle ground. The lake's surface is still, reflecting the overcast sky. In the background, dark mountains rise on both sides, with some snow or light-colored patches on their peaks. The sky is filled with heavy, grey clouds, creating a moody atmosphere.

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PHOTOGRAPHS**

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