

Lima2020-21

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Study Abroad Handbook

A useful guide to your
study abroad experience



OVERSEAS STUDY

The usefulness of this handbook depends on student input.
If you find erroneous information, please contact overseas@iu.edu.
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PROGRAM INTRODUCTION

This booklet is a supplement to the Getting Started handbook. While it contains specific program information, Getting Started contains information relevant to all students on Indiana University Overseas Study programs. Both booklets should be used now as you prepare to leave and later while you are abroad. Since most student questions are addressed in these handbooks, please consult them before calling the Office of Overseas Study.

This handbook is also available on the web:

<https://overseas.iu.edu/docs/handbooks/lima-iu.pdf>

CONTACT INFORMATION

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THE IU PROGRAM IN PERU

This booklet is a supplement to the Getting Started handbook that is available online: <http://overseas.iu.edu/docs/gettingstarted.html>

An agreement between Indiana University and the Pontificia Universidad Católica del Perú (PUCP) permits a limited number of IU students to pay fees at IU and earn IU credit for study in Lima. PUCP offers a rich array of courses, with special strengths in Andean and Amazonian ethnography, urban anthropology, and Peruvian history, geography, archaeology, and literature. Support services, including housing, orientation to Lima and the University, and assistance in obtaining visas, are provided by the Office of International Relations at PUCP.

An academic year program initiated at San Marcos University in 1959 was IU's first year-long overseas study program. In 1969 the program was moved to the Universidad Católica, where it remained until political instability forced its suspension from 1990 until 2000.



ICONS IN THIS GUIDE



Student
Advice

Suggestions from study
abroad returnees



Savvy
Traveler
Tips

Traveling tips to get you
where you're going



The Program in Lima

Fall 2020 Tentative Calendar

Arrive in Lima	August 21-23
Welcome session.....	August 24
Academic Orientation.....	August 25
Classes begin.....	August 31
Classes end.....	December 26

Arrival in Peru

There is no official arrival day in Lima, but the PUCP International Relations office suggests you arrive at least one week (but no more than 10 days) in advance of the orientation program. Notify both the International Relations office and your host family of your exact arrival plans. If the family is not able to meet you at Lima's Jorge Chávez international airport, take an official airport taxi to their home. Taxis have no meters, so establish the price before embarking. The ride from the airport to the city center should cost about \$20.

Departure from Peru

When you leave Peru, a departure tax of approximately \$1/day will be charged if you exceed your tourist visa duration.

Visa

A visa is a stamp in your passport that allows you to enter and reside in another country for a specified period of time. You are advised to enter Peru on a tourist visa. US citizens can obtain tourist visas at the port of entry. We advise students to request the full semester (typically 183 days) for the visa upon arrival. Immigration officials may not ask and the default is 90 days. You should ask in Spanish and explain you are a student. Check to be sure you have the correct amount of days before you leave immigration. Prior to leaving for Peru, you will be provided with documentation to present as evidence of student status.

Unless you will be leaving and re-entering Peru over the break between semesters academic year students may need to apply for a student visa after arrival. PUCP staff will assist you with this process. It is recommended that you apply as soon as possible after arrival as appointments can book up one month in advance.

Lima

Lima, a city of over 11 million people, is the political, commercial and financial center of the country. It is full of places to go, things to do, and foods to eat. Historic churches and mansions, precolumbian architectural sites, more than 50 museums and even a bull ring keep the most energetic of sightseers occupied.

La noche es larga en Lima. Cinemas, cine clubs, theatres, cafés, bars, pubs and discos add to the night life of the city.

Be prepared for great contrasts of wealth and poverty. While the city enjoys a growing economy and expanding tourism base, many Peruvians looking for a higher standard of living have migrated from the highlands and jungle. The least successful form belts of poverty in and around the city.

Though the Peruvian population is a mixture of ethnicities, racism is a problem and indigenous people face discrimination.

Pontificia Universidad Católica del Perú

The oldest private university in Peru, the Pontificia Universidad Católica is a prestigious, highly selective institution located in the San Miguel section of Lima. Its faculty play an important role in the political, academic and cultural life of the nation.

The low, modern buildings on PUCP's compact and beautifully landscaped campus include classrooms, administrative and faculty offices, both a central and specialized libraries, computer laboratories with Internet and e-mail access, a medical center and sports facilities. The 17,000 students—most from the upper middle class—live at home with their families since there are no dormitories on campus.

The Academic Program

IU Academic Policies

Indiana University students are required to enroll in a combination of 3-credit and 4-credit PUCP courses for a minimum of 12 credit hours and a maximum of 14 credit hours each semester. (You may enroll in additional credits above 14 credit hours, but you would be responsible for the additional fees). You must take all course work for a letter grade. Students are only permitted to include "actividades" courses or 2-credit courses above and beyond the 12 credit minimum course load. You may not take courses on a pass/fail basis, nor does IU permit withdrawals or incompletes for course work in Peru.

Grades

Peruvian grades of 1-20 will be equated to IU letter grades according to the chart below. The letter grades will be recorded on your IU transcript and included in your cumulative GPA.



STUDENT ADVICE

The overall experience at La Católica was very pleasing. I had a wonderful experience and would definitely recommend this opportunity to others.

Peruvian numerical grades and corresponding IU letter grades:

16-20.....	A	11.....	C+
15	A-	10.....	C
14.....	B+	8-9.....	D
13.....	B	7-below.....	F
12.....	B-		

Peruvian Academic System

Succeeding at PUCP will require you to be independent, disciplined and prepared for less advance notice of deadlines, reading assignments and exam schedules. Not all professors are full-time teachers, and their work in another capacity may occasionally make them late to class or miss class altogether. Many have been trained in the U.S. and will invite student participation in class, but those with more traditional training will expect you to carefully listen in class and be responsible for lecture notes on exams.

The shortage of textbooks in Peru creates challenges for even the most diligent scholars. Reference works, monographs, scholarly journals and critical texts considered indispensable by American scholars may not be available in Lima. Students do not purchase textbooks, but instead rely heavily on library reserve copies, which results in competition at exam time. Expect to spend more money on photocopying materials than you do in the U.S. (but less on buying books). Ask a Peruvian student to show you how to get photocopies. Bring a flash drive to use self-service printing kiosks.

U.S. students unanimously stress the importance of making Peruvian friends who can explain class notes, demystify the library system, give insight into social customs, and serve as overall mentors and tutors.

When choosing classes, it is important to understand the university system in South America. Typically, students spend two years "Letras Generales," or their equivalent in high school, before choosing a course of study. Once in coursework for a specific major, students form tightly-knit friend groups, having the same classmates throughout their college careers. At first it may be difficult to enter into these groups, but remember to just be outgoing and put forth some effort into building relationships with them.

Be prepared to be flexible in your course selections. You will be required to sit in on several courses before registration is finalized. Take advantage of courses that are seldom offered at IU; for example, Peruvian archaeology, Andean ethnography and Peruvian history. International Relations will help you complete formal registration for your course work. Consider the reading and writing demands of the courses in relation to your own language skills. Remember that you must enroll in a minimum of 12 credit hours. Note that while students have access to all PUCP departments, we do not advise enrolling in courses within "Ciencias Generales."

E-mail in Peru

PUCP students receive free e-mail accounts and access to the wi-fi on campus. You can also use an off-campus cybercafé that charges a modest fee per hour. There are cafés and restaurants across the street from PUCP that offer free wi-fi with a purchase.



Life in Peru

Housing

After you are accepted to PUCP, the International Relations staff at PUCP will ask you to provide information regarding living situation preferences, food, allergies, religion, etc. on a housing questionnaire. Closer to the start date of the program, the International Relations staff at PUCP will email you a list of homestay options. The cost of housing, paid directly to the family, is about \$370-450 a month and generally includes all meals.

IU specifically asks for the assistance of the international staff of PUCP in the vetting of host family placements so that we can have confidence in the living arrangements for our students. It is our expectation that students will remain in these placements. While individual arrangements that materialize after arrival in Lima may seem more attractive to some participants, IU strongly cautions against entering into other arrangements as they do not offer the same level of security and PUCP staff will not be able to offer any assistance should the terms or conditions of a private arrangement prove to be problematic. (Students who wish to opt out of program-arranged housing will be required to sign a special housing waiver form.)

Find out whether there are family rules you are expected to follow, such as cleaning your room, being on time for meals, etc. Be courteous and tactful. When you leave the house, tell someone where you are going and when you expect to be home. Call if you are going to be late or miss a meal. Observe your Peruvian hosts for clues regarding the appropriate way of interacting with the household help.

The Peruvian economy is growing, but not yet strong, and the middle class families who house international students feel the crunch. They may ask you to turn off lights or limit water usage. They may serve generous portions of rice but little meat.

Be prepared to recognize that there is a monetary factor that will enter into the relationship most students have with their hosts, which may prevent you from achieving full integration as a family member.

Meals

Peru has a rich and varied cuisine and you will soon be familiar with such popular dishes as causa limena, papas a la huancaína, cebiche, ají de gallina, and anticuchos. Pisco sours are the national drink and local beer is good. There are restaurants of all varieties and price levels in Lima. Worth special mention are the Chinese restaurants, or chifas.

Your housing fee generally includes meals with your host family, but it may be more convenient to eat an inexpensive lunch at the university cafeteria where you may pay about \$3 for a main course, two side dishes, bread, usually dessert and a drink.

Money

In addition to the suggestions given in Getting Started about money, please be aware of the following information.

If you get a joint bank account with your parents in the U.S., they can send you money via Western Union or Moneygram.

As a student at PUCP, you can open a checking account with Peruvian bank: BBVA Continental. Be sure to close the account before leaving Peru.

You can withdraw money directly from your U.S. checking account at ATM's throughout Lima if you have an Interlink, Cirrus or Plus debit card with four-digit pin. This is the fastest and easiest way to obtain additional funds from home. There is an ATM linked to the Plus system on the PUCP campus. You may find ATM's that do not charge foreign transaction fees throughout the city, such as Bank of America or Western Union.

Peru typically uses cash. Credit cards are accepted at higher end/touristy places. Most restaurants do not accept cards for payment.

Do not have checks mailed to you in Peru.

Health

Immunizations

Consult with the Immunization Specialist at the Student Health Center (812-855-7688) about immunizations you will need for Peru. The Health Center receives up-to-date communiques from the Center for Disease Control and the World Health Organization. Some vaccines, such as those for typhoid fever and hepatitis, are given in a series of inoculations over several weeks, so start your preparations early. If you plan to visit the Amazon jungle, you should get a yellow fever vaccine.

Health Precautions in Peru

Avoid unbottled water and ice cubes made from untreated water. Peel fruit before eating, and eat only cooked vegetables. Avoid buying food from street vendors because water used to prepare food may not be treated. Avoid unrefrigerated perishable food that has been sitting out on hot days.

Weather

Lima's winter (June-August) is cool and damp, with temperatures of 50-55 degrees, constant clouds, and a frequent light drizzle called garúa. There is never enough precipitation to warrant an umbrella. In the hot summer months of January and March, the temperature reaches the 80s, humidity drops, the sun shines, and you'll need to protect yourself from sunburn.

Time

Time in Peru is either the same as Chicago or New York. They do not change clocks for Daylight Savings Time.

Telephones

Cellular telephones are inexpensive and widely used in Lima. You are encouraged to purchase one when you arrive in Peru and use it in conjunction with prepaid Peruvian telephone cards. Common phone service providers in Peru include Movistar and Claro. You can also just buy a different chip for your phone there.

Mail

Mail to and from Peru takes up to two weeks. Postal facilities are limited outside of Lima. With the exception of books, do not have any packages mailed to you from the U.S. The duty fees you will have to pay might be greater than the value of the package.

Religion

Ninety percent of Peruvians are Catholic, but there is a small Protestant population. Students of all faiths will be able to find resources and services. There is at least one synagogue and one Anglican/Episcopal church in Lima. If you need help, seek guidance at the International Relations office.

Christmas and Easter are not celebrated in a highly commercialized way. Spectacular displays of decorations and emotion are reserved for other religious holidays, especially All Saint's Day and the Feria del Señor de los Milagros in October.

Transportation

In Lima, there are three principal means of cheap transportation: buses, minibuses and colectivos- most commonly called "combis". Buses have designated stops or paraderos and you pay as you enter. To get off just ring the bell or yell "Bajo." Save the ticket you receive as you pay, since inspectors occasionally check for these. Even though there is a "student" fare for buses, this is sometimes interpreted to be for Peruvian students only, so keep in mind you may be charged the standard fare as a foreign student.

Minibuses, or micros, have designated routes and numbers but will usually stop at any corner. In general, they are smaller and more crowded than the big buses. You hail one by holding your hand out. To get off, say "Bajo en la esquina," or the name of the street, and pay as you go out.

Colectivos are (usually old) cars or vans that frequent Avenida Arequipa, Javier Prado, and a few other major streets. They are much faster than buses or micros and are also hailed by holding out your hand. Colectivo drivers hang their left arms out the window, which is how you distinguish them from taxis. If you still have doubts, ask before you take a ride, "¿Colectivo?" As with micros, you pay just before you get out.

Taxis are relatively expensive. Agree on a price for the



Lima, Peru

ride before you get in and price two or three taxis to get an idea of fares before you go to a place you haven't been by taxi. There is no tipping.

Transportation diminishes noticeably late at night. The buses stop around 11 p.m. Micros may continue until around 1 a.m. while colectivos run most of the night and taxis run 24 hours a day.

Social Life

Peruvians are friendly, but you may have to make the first effort to establish a friendship. Do not be inhibited or put up an artificial language barrier. Making friends with Peruvians can be helpful if you wish to get the most out of your time in the country and the culture. After the initial phase of exploring the city and learning the academic system passes, be conscientious of the amount of time spent with fellow U.S. citizens compared to Peruvians or even the other international students at PUCP. International students have a strong community and you may find you make friends easier with other students from around the world before Peruvians, given your shared experiences of adapting to life in Lima.

Take advantage of whatever organizational contacts you bring from the U.S.: YMCA, AFS, church groups, Rotary Club, etc. You will find most of your social life off campus, since there is little campus life in the North American sense. Some extracurricular activities are available, however, and can be found through postings on the numerous bulletin boards.

Befriend other international students during orientation. There are also "compañero PUCP" Peruvian students who are there to help international students integrate. They have a Facebook page where they post events.

Sports

A variety of sports events are available in Lima. Football (soccer) is played year round at all levels of competition. Basketball and volleyball are popular amateur sports, and you may be able to play on an intramural or competitive team at the university. There are also several YMCAs and a YWCA.

Dance and Music Classes

Music and dance classes can be taken on campus at Centro de Música y Danza (CEMDUC), which is open to Peruvian and international students alike. Classes carry an extra charge and are not taken for credit, but they are a good way to get to know more about Peruvian culture and make friends with Peruvian and other international students. Salsa classes are open to all PUCP students and are a great integration opportunity.

Cultural Activities

Each Thursday, PUCP host "Jueves Culturales" on campus from noon to 3p.m. Cultural activities range from orchestral concerts to dances and international student participation is welcomed.

The leading newspaper, El Comercio, particularly the Sunday edition, gives listings for current films, theater showings and other activities. U.S. and European films come to Lima somewhat after their release in the States, but the cost is much lower. Cine-Clubs

show older films for even less.

Instituto Cultural Peruano Norteamericano (ICPNA) offers a variety of cultural programs and has a small, quiet library with a good selection of English-language material, including current periodicals and newspapers. It has branches both downtown and in Miraflores.

Volunteering

Volunteering opportunities are available in Lima, both through the university and independently. At PUCP, ask both the Dirección Académica de Responsabilidad Social (DARS) and the International Relations office about opportunities they might know about, which range from short, 1 day initiatives to more regular involvement. Additionally, students can search for opportunities themselves. Search engines such as idealist.org can be a good source of organizations, and contacting them directly is often the best way to see if they need volunteers. Most NGOs will require a minimum one day a week, regular commitment from students.

Dating

Dating customs in Peru are similar to those in the United States, although you may find yourself doing more dancing and going to more parties.

American women seldom have difficulty meeting men. You may begin to feel rather offended by the piropos (comments, often crude, made by men trying to get your attention), but try not to be offended by them. On the other hand, do not be overly impressed by the charm of Peruvian men. Make friends with Peruvian women and listen to their advice about acceptable behavior.

Safety in Lima

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Lima is a big city, and you must be alert and take common sense security precautions there at all times. Stay aware of your surroundings and the people around you. Pickpocketing is extremely common. Thieves also slit open purses and bags with a razor blade or knife. Never carry large quantities of cash or traveler's checks or ATM or credit cards. Take only what you need for immediate use and return the card or extra cash to your home. Men should keep wallets in either shirt or front pants pockets and when women carry a purse, we recommend a small one with an opening turned inward on a strap across your body. Backpacks should be kept in your lap or on your person. Never wear fine watches or flashy jewelry. Be especially careful in the airport, train and bus stations, while riding buses, and at outdoor markets, which are notorious for thievery. Carry a photocopy of your passport and leave the original in a safe place in your Peruvian home.

Thieves often grab bags and other visible items from cars stopped at traffic lights or in congested traffic. The road leading to and from the airport is especially infamous for this sort of crime. Put belongings, including purses, in the car or taxi's trunk.

Telephone theft is very common. Using a cheap, simple phone is recommended. Do not use phones while walking on streets or riding on buses unless you are being very attentive and careful.

Follow with great care the security advice from PUCP's International Relations office. Note particularly their instructions regarding the use of public transportation, unsafe neighborhoods in Lima, and travel in dangerous regions of Peru.

Coping with the unwelcome advances of Peruvian men can be a special problem for American women. To avoid unwanted attention, women are counseled to travel in pairs or in groups, to avoid suggestive clothing, to avoid making eye contact or smiling at strangers on the street (this may be interpreted as an invitation), and to speak initially only in the usted form to men. Often the best strategy is to ignore advances or catcalls altogether, and quickly go on your way.

Packing

Pack as little as possible. Rely on mix and match outfits, and don't worry if you are seen frequently in the same clothes. Peruvian students dress much like U.S. students do. Jeans, T-shirts and shorts are worn to class by all except law students. Tank tops and torn or ragged clothing are not appropriate. Sports clothing is not worn by women unless exercising.

Bring:

- Clothing that is easily washed and dried
- Warm jacket for winter in Lima and travel in the sierra
- Sweaters
- 1-2 nice outfits
- Sturdy, comfortable walking shoes
- Sandals (can double as slippers)
- Sturdy hiking boots for travel outside Lima
- Swiss army knife (checked-luggage only)
- Knapsack or day pack for carrying books to class or hiking
- Luggage locks for bags when traveling
- Basic first aid kit (thermometer, first aid cream, bandaids, Pepto Bismol, ibuprofen, aspirin, imodium)
- Contact lens cleaner
- Hand sanitizer
- Photos and addresses of family and friends
- Adaptors for electronic devices (and/or converter devices as needed)
- Portable charger
- Journal
- Camera
- Gift for host family and friends (T-shirts, perfume, food, craft or photo book that represents the area you come from, etc.)
- Academic Advising Sheet and course equivalencies list
- Getting Started and Lima handbooks

Don't bring:

- Large supplies of cosmetics or toiletries unless a particular brand is important
- Electrical appliances

Note: The U.S. operates on a 110 volt system, whereas Peru runs on both 110 and 220 volts. As a result, many U.S. electrical items do not work in Peru because their motors will run twice as fast as they are designed to do and are soon damaged.

Laptop Computers

A laptop computer will be useful as a word processor, and wireless Internet access is available on campus.

If you bring a computer, make sure it has a built-in current converter or be prepared to buy one. Take the laptop on the plane in your carry-on luggage. Make sure the battery is charged as airport security may ask you to turn it on.

Suggested Reading

This handbook is designed to supplement the many excellent published sources that give basic facts about life and travel in Peru. At a minimum you should get Lonely Planet Peru or another general student-oriented guidebook such as Let's Go: Peru and Ecuador, Rough Guide Peru or Footprint Handbook Peru.

Additional recommended readings include *Conquest of the Incas* by John Hemming, *Cut Stones and Crossroads: A Journey in Peru* by Ronald Wright and *The Bridge of San Luis Rey* a novel by Thornton Wilder. A leading Peruvian novelist is Mario Vargas Llosa. His works include *La Casa Verde*, *Los Cachorros*, and *Conversación en la Catedral*.