



Save the Children®

JOURNEYS with US



Photo: Save the Children



THIS SPECIAL PRE-DEPARTURE INFORMATION HAS BEEN
PREPARED JUST FOR YOU BEFORE YOU EMBARK
ON THIS JOURNEY WITH US TO PERU!





REQUIRED DOCUMENTS & COURSES

The following is what is normally required **BEFORE** any travel to visit our programs in Peru. By now, you would've completed the following:

- Medical/Insurance & personal details relayed to host
- Completed meeting/conversation with the Safety and Security Focal Point
- Background check
- Personal Safety & Security Course and Briefing

- Child Safeguarding Course
- Updated valid passport

Make sure you are up to date on all routine vaccines one month prior to your journey. Some of these vaccines include chickenpox, diphtheria-tetanus-pertussis, flu, measles, hepatitis A and B, malaria, cholera, rabies, typhoid and yellowfever (if traveling in jungle areas). To ensure you have up-to-date information regarding immunizations before traveling, check this link before departure and select Peru.

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>



RECOMMENDED PACKING

Peru's geography is quite diverse, with temperatures varying between the coast, deserts, mountains and rainforest.

- Layered clothing for warm days and cool evenings
The winter in Lima begins in June and ends in September. Although there are no heavy rains, drizzle is common in the city.
- T-shirts or lightweight, breathable long-sleeve, loose-fitting shirts
- Sunhat, sunglasses and sunscreen
- Sneakers, sandals and comfortable walking shoes (for historical sites)
- A day pack
- A personal first aid kit
- Malaria tablets
(if traveling to jungle areas)

- Long pants and pair of jeans
- Reusable water bottle
- Light jacket or raincoat
- Phone charger
- Warm jacket or hooded fleece and gloves (for higher altitude areas)
- Insect repellent
- A colorful pancho will have you blending in with locals. Alpaca cloth can be found throughout!



SAFETY MEASURES

- Always use a licensed taxi or one arranged by the hotel or a Save the Children staffer.
- Protests, demonstrations and strikes are common in Peru and should be avoided.
- Always ensure that your personal belongings are close and secure. Keep valuables locked in hotel safe or tucked away in your purse or travel bag.
- Don't go near the fer-de-lance, or Bothrops asper snake – it can fool you by seeming to flee then changing its mind, doubling back and attacking!
- Water bottle only please – no tap! Make sure water is chemically treated, filtered or boiled before drinking.
- Avoid using your phone on streets and keep it fully charged, handy and not on silent mode.
- In Andean regions, the puma – the South American version of the cougar, is a cat not to be pet!
- If you're out during the evening, travel with a companion, another Journeys guest or a Save the Children staffer. Large cities in Latin America have high crime rates, so it's best to travel with someone and in well-lit areas.



ARRIVAL

Your arrival in Peru will begin at Jorge Chávez International Airport which operates the most international and domestic flights in the country, making it an important connection hub for South America. It's located in Callao, approximately 6 miles from Lima Center – in the nation's capital city – and 11 miles from the district of Miraflores. As the main airport serving Lima, you will find duty-free shops, restaurants, foreign currency exchange offices, ATMs, banks and transportation services.

Once you've collected your luggage and passed through customs counters, arranged transportation will meet you outside the baggage claim area. Please look for the staff with branded Save the Children clothing and signage. Before your experience begins, they'll provide you with your emergency contact list and briefing – and then you are off to experience the magical country of Peru!



TRANSPORTATION

Car/van service (Save the Children office marked vehicle) will be provided to you to and from the airport, to your hotel and to each itinerary destination.

Should you wish to venture out after Save the Children excursions, taxis are easily accessible in main city areas and the Peru office uses the taxi app "Directo". As with travel in any city, avoid dimly lit areas and try to travel with a companion, another Journeys guest or a Save the Children staffer. Options available in the main cities and towns include clearly marked official taxis and buses. Within a city, buses are called "colectivo" and can be a bus or a van.



ACCOMMODATIONS (Hotel accommodation is provided at Save the Children recommended hotels)

At the end of excursions each day, you'll retire for evenings at the JW Marriot Lima. Accommodation amenities include restaurants, lounge, health facility and pool.

<https://www.marriott.com/en-us/hotels/limdt-jw-marriott-hotel-lima/overview/>



ITINERARY

- Jorge Chávez International Airport
- Save the Children Office, Trujillo
- Plaza de Armas de Trujillo
- Home & School Visits
- Chan Chan Archaeological Site
- Huanchaco, La Libertad
- Spring Festival
- Farewell



YOUR HOSTS



William Campbell, (he/him)

Country Director

Save the Children, Perú

William Campbell has led the Save the Children office in Peru since October 2023. He has over 20 years of professional experience in international NGOs, holding leadership positions across Latin America and Africa, overseeing the implementation of programs and projects in various thematic areas. He also serves as a part-time professor at the prestigious Pontifical Catholic University of Peru, in the Faculty of Management and Senior Leadership. In various organizations, he has achieved long-term development goals, inspiring the adoption of comprehensive strategies that engage communities in their own development from a territorial perspective. William is a certified public accountant by profession and holds a Master's degree in Political Science with a specialization in International Relations.



Fiorella Flores, (she/her)

Consultant in Socio-emotional Development

Save the Children, Perú

Fiorella Flores is a psychologist specializing in educational topics. She joined Save the Children in 2023 as an Officer responsible for implementing the socio-emotional development strategy. She supported the training program for teachers in civic competencies, bullying and xenophobia prevention. She directly implemented actions aimed at promoting socio-emotional learning in students and developing life skills in families and members of the educational community. Additionally, she facilitated capacity-building for teachers to manage work-related stress. She continues to be affiliated with Save the Children through specialized consultancy in socio-emotional well-being.



SPECIAL APPEARANCE



Deyssy Lozano, (she/her)

National Programmatic Advisor on Education

Save the Children, Perú

Deyssy Lozano has over 20 years of experience working to improve education in Peru. She joined Save the Children in 2022 after holding positions in various non-governmental organizations and public entities. She has worked at the Ministry of Education, the Ministry of Culture and the Ministry of Women and Vulnerable Populations, leading policies aimed at promoting inclusive, intercultural, democratic education with a focus on gender and protection. At Save the Children, she leads and provides technical support for designing strategies that ensure access to and the restoration of the right to education in emergency contexts, as well as the development of socio-emotional well-being in students, teachers and school management staff. Deyssy holds a degree in Pedagogy and a postgraduate degree in University Teaching.





PROGRAM INFORMATION

Save the Children has been working in regions of Peru for over 40 years.

HEALTH & NUTRITION

We promote access to quality health services for pregnant and lactating women, children under 6 years of age and adolescents. We seek to prevent anemia and chronic malnutrition, thus ensuring the early and timely development of children. We build the capacities of teachers and health operators to provide adequate information and care to the sexual and reproductive health of adolescents.

PROTECTION

We work to eradicate all forms of violence against children and adolescents. We promote compliance with the law against physical and humiliating punishment through the promotion of positive parenting and awareness campaigns for families and education staff. We collaborate with the elimination of sexual violence against children and adolescents, strengthening the national protection system and training local public officials, justice and health system operators and staff working with services that deal with cases of violence. We create spaces for participation and advocacy so that organizations of children and adolescents can make their voices and opinions heard on issues of gender and prevention of sexual violence.

CLIMATE CHANGE & DISASTER RISK MANAGEMENT

Peru is a country highly prone to natural hazards that can generate devastating effects. We work with neighborhoods and communities to reduce disaster risk and build the capacities of local and regional governments to include this approach in their policies. We put emphasis on protecting and promoting the participation of the most vulnerable populations, such as people with disabilities, older adults, pregnant women, Indigenous people, children and adolescents, amongst others. We build the capacities of the local and regional governments for emergency preparedness and response, so that changes are sustainable. We work in five sectors: WASH, shelter, education, protection and health.

GOVERNANCE

We work with national, regional and local governments to ensure compliance with children's rights, demanding and monitoring for greater and better investment and promoting the participation of children, adolescents and their organizations in law and policymaking processes.

We encourage the construction of an active and critical citizenship for children, and promote their participation in public spaces where decisions that affect their lives are made. We also monitor the role and actions of the State in relation to its decisions with the Convention on the Rights of the Child and the recommendations of the Committee on the Rights of the Child.

HUMANITARIAN AID

In times of crisis, children and adolescents are more vulnerable and are exposed to different risks and effects. We intervene to ensure their well-being, prioritizing the fulfillment of their rights at all times. We deliver emergency relief to save lives and stay as long as necessary to ensure that families and children recover from losses, have social-emotional support and develop their capacity to cope for years to come.

We help protect children when disaster strikes or when they're displaced from their homes. We make sure that those most affected continue their education, recover socio-emotionally and have access to safe shelters or housing.

EDUCATION

We work with communities and families during pre-school years to ensure child development forms the foundation for learning in school. We promote the improvement of education quality, motivating actions for the learning of basic skills such as reading, writing and math. Likewise, we ensure that no child or adolescent sees their education interrupted due to violence, early unions or humanitarian crisis.

MENTAL HEALTH & PSYCHOSOCIAL SUPPORT

Relentless conflicts, the climate crisis, economic challenges and the aftermath of the COVID-19 pandemic have increased social challenges that are contributing to a global mental health crisis. Among those ages 10-19, it's estimated that 1 in 7 experience mental health issues. Just under 25% of crisis-affected children and adolescents live with or have a chance of developing a mental health condition. Save the Children underscores the importance of Mental Health and Psychosocial Support (MHPSS) in meeting the needs of children and caregivers. Our approach mainstreams MHPSS in our humanitarian and development work and integrates interventions into other program sectors to ensure a holistic response over the life of the child, family and community.

We work with international, national and local partners on a complementary approach of direct programming to ensure children and adults have access to immediate MHPSS, while advocating for strengthened resourcing and systems, including strengthening the legal and policy frameworks that support MHPSS.

Our approach is focused on children, their caregivers and family, but also includes teachers and other individuals responsible for children's well-being.



ALL ABOUT PERU



HOW DID PERU GET ITS NAME?

There are several theories regarding the origin of Peru's name. According to one account, when the initial European explorers arrived and inquired about the place, natives responded with "Virú" which eventually became "Perú." Another theory proposes that "Peru" is derived from a Quechua term meaning "land of abundance," possibly alluding to the economic prosperity and natural resources of the Inca civilization, which historically thrived in the region.

WHERE IS PERU LOCATED?

Peru is a country with a fascinating history and exciting present. Ranked as the third-largest country in South America, it's bordered by Ecuador and Colombia to the north, Brazil to the east, Bolivia to the southeast, Chile to the south and the Pacific Ocean to the west. It's a breathtaking country with a diverse land mass covering approximately 496,222 square miles with 80 world ecological habitats and 200 miles of Pacific coastline. Peru is divided into 24 departments, with Lima as its capital city.

A country of rich contrasts and geographical beauty, the Peruvian landscape is characterized by three distinct regions: the narrow coastal desert, the Andean highlands (sierra) and the vast rainforest areas (Amazon) known as the selva. The selva covers over half of the country and includes the Amazon River Basin and the Madre de Dios River Basin. Lush tropical rainforests, Amazonian jungles, sandy beaches, arid deserts, remote farmland and fishing villages make up the Peruvian landscape.





KEY STATE FACTS

Became a Nation: July 28, 1821, after independence from Spanish colonial rule

Population: Over 34 million

Capital: Lima

Area: Approximately 496,222 square miles. Peru is divided into 24 regions, with Metropolitan Lima and Callao as special jurisdictions.

Government: Presidential Republic

Landmarks: Home to the marvelous Machu Picchu, an ancient Incan city in the Andes mountains

President: Dina Boluarte

Official Language: Spanish, Quechua and Aymara also have official status

Major Religion: Predominantly Christianity

Major Rivers: Amazon, Purus, Jurua and Marañon

Life Expectancy: 77 years

National Animal: Vicuña (similar to the Alpaca and Llama)

National Flower: Cantuta buxifolia

Popular Beverages: Pisco Sour, Inca Cola, Chicha and beer

National Bird: Andean Cock of the Rock or “Tunki”

National Anthem: “Himno Nacional Del Peru”

National Fruit: Lúcumá (also known as the egg fruit)

Select Animals: Vicuña, Puma, Jaguar, Peruvian night monkey, Cougar, Giant Armadillo and Toucan

Climate: Depending on region, climate can range from tropical rainforests in the Amazon Basin to arid deserts along the coast. The Andean highlands range from cold alpine to temperate, depending on altitude and proximity to the Pacific Ocean.



Country Flag: Equal bands of red and white with coat of arms centered. The coat of arms features a Vicuña, a Cinchona tree (the source of quinine, signifying flora), and a yellow cornucopia with coins (denoting mineral wealth). The red represents bloodshed for independence and white symbolizes peace.



HISTORY

Peru's fascinating history is defined by ancient civilizations, particularly the Inca Empire, which thrived in the 15th century, establishing a vast and sophisticated society. In the 1530s, Spanish conquistadors led by Francisco Pizarro overthrew the Incas, resulting in centuries of colonial rule that deeply affected indigenous cultures and economies. Although Peru gained independence in 1821, it experienced political instability and regional conflicts throughout the 19th and early 20th centuries. Like many newly independent countries, Peru experienced coups, dictatorships, military rule and wars with insurgent groups fighting against the government. In the latter half of the 20th century, Peru faced continued challenges of social unrest, violence, terrorism and economic struggle.

Today, Peru is a democratic republic celebrated for its rich cultural heritage, biodiversity and economic growth. However, its political stability remains precarious. The country continues to struggle with the aftermath of political turmoil and ongoing public frustration with corruption and governance issues. Protests are frequent and the fight for judicial independence adds to the complicated political status. In addition, Indigenous groups are still contending with discrimination and underrepresentation. Tensions remain a constant between the rural poor and Indigenous people and the wealthy, largely due to the deep economic and social inequality that has persisted from ancient times to the present.



CULTURE, CUSTOMS & INDUSTRY

Peru has civilizations that date back to the prehistoric era and a cultural heritage spanning thousands of years. There are many testimonies of it, from the ancient cave paintings to the stone and mud-brick monuments left by the Chavin, Tiahuanaco, Mochica and Chimu cultures as well as by the Incas. The enigma and mysteries of the past, like in the Nasca markings in southern Peru, represent part of this heritage. From Lima to the border with Ecuador, you'll find extraordinary archaeological sites like Caral in Supe, Sechin in Casma, Chan Chan in Trujillo and Sipan and Tucume in Chiclayo.

The people of Peru are a diverse mix of different cultures, including Indigenous people, Spaniards and other Europeans, descendants of African slaves and Asians. Peruvians are known to be quite hospitable, affectionate and comfortable expressing their emotions. Families typically consist of three or more children and in rural areas can include extended family. Extended family members often have an important role within the family, helping to provide emotional support, childcare and financial assistance. Peruvian culture is centered around structure and family, reflecting a society that values connection and support. Opportunities for families to gather are common—celebrations, festivals and shared meals are vital components that strengthen the family unit. Children respect and follow parental decisions and are usually financially dependent on their parents until the completion of university.

The customs and traditions of Peru are a true reflection of past and present. Many customs, passed down through generations, are unique depending on region but have a common thread of uniting people in tradition, celebration and daily life. In rural areas, customs are deeply connected with nature to show gratitude for the gifts of the earth. One revered custom is the Pachamama ("Mother Earth"). According to Inca legend, Pachamama is a goddess of the Indigenous people of the Andes whom many believe is an ever-present and independent deity who controls fertility, presides over planting and harvesting and causes earthquakes. Every first week of August, the Pachamama Raymi festival is held to pay tribute. Today, Peru has over 3,000 official festivals, including the Virgen de la Candelaria, Qollor Riti, Inti Raymi, Sr de Los Temblores and El Señor de Los Milagros. Often featuring music, dance and vibrant costumes, they're a communal expression of identity and history, bringing communities together. These colorful events fill the streets, celebrating everything from religious saints to the harvest season.

Peru's economy is diverse and driven by several key industries. Mining is a cornerstone, with the country being a top global producer of copper, gold and silver. In fact, Peru is the world's second largest producer of silver and copper and sixth largest producer of gold. Other key industries include fishing and agriculture. Exports of coffee, cocoa, fruits and vegetables support rural livelihoods and contribute to the country's export revenues. In manufacturing, Peru produces textiles, food products, chemicals and metals. The services sector, encompassing tourism, retail, finance and telecommunications, also contributes substantially to Peru's economic growth. A home to 12 UNESCO world heritage sites, including the famous Machu Picchu, tourism continues to be a significant means of this nation's economic growth.



CLIMATE & ATTIRE

Peru's climate is quite varied due to its diverse geography and four main climate zones: the coast, the mountains, desert and Amazon rainforest.

The coastal area, especially Lima, is characterized by the absence of substantial rain. It is however damp and foggy with drizzle between May and November. The humidity gives a feeling of chill although the temperature seldom drops below 57°F. During the summer season, from December through April, the dampness diminishes and there's abundance of sun with temperatures between 75-80°F. In the mountains as well as in the jungle, the dry season lasts from May through October with abundant sunshine. The rainy season or winter in these regions runs from December through March. The mountains have a rather dry and cool climate with a temperature that varies between 48-64°F depending on season. In the Amazon region, the sun alters with rain showers and has a tropical climate varying between 80-100°F.

People in Peru wear a variety of clothing, including traditional, modern and Western-style clothing. Traditional Peruvian clothing outside of the major cities is often brightly colored to reflect their vibrant culture. Common clothing items include ponchos, sarongs, hats and shawls all beautifully handcrafted and usually made from vicuña or llama wool. It is known that the Inca people valued these animals greatly and utilized their wool in various clothing items, including capes, gloves, hats and blankets. Andean clothing tends to also be brightly colored with intricate designs made of wool to provide warmth for the cool mountain temperatures.

For women, traditional clothing consists of long skirts of multiple layers ("polleras") with shawls ("mantas") and men can be found wearing trousers ("bombachas") with colorful ponchos ("rhombuses") with wide-brimmed hats to protect from the sun. In the Peruvian jungle, communities use "cushmas," which are tunics painted with geometric patterns.

Today, in cities like Lima, women and men dress in comfortable styles and in the Regions of the Andes, the people are more conservative in their dress. As you're visiting in October, it's best to bring layered attire for temperate days and a coat for cooler evenings or in the mountainous areas. If you want to fit in with the Peruvian people, try a montera hat! Believed to originate prior to the Inca civilization, montera hats are made of wool and don't have a brim.





MUSIC, ARTS & SPORTS

Music and dance are a central part of Peruvian culture and can be found throughout the country. It's common to see street markets, festivals and museum shows that exhibit traditional folklore songs, music and dance from each region. The music as well as dance represent a vibrant expression of Peru's history and cultural diversity, making it an integral part of the country's identity. The music is a fusion of sounds and styles, reflecting its Andean, Spanish and African heritage. Centuries of this cultural blending have created a diverse musical sound enhanced by distinctive pre-Hispanic and mestizo dances. Alongside the music, these traditional dances include the diablada, morenada and marinera, each with its own unique costumes and cultural significance. Today, the central, northern and southern Andes are famous for traditional rhythms and folk dance. Typical instruments used in Peruvian music include the flute, guitar (which in Peru has also a smaller version, known as the "charango"), harp and mandolin. This ensemble along with vibrant singing is key to huayno, a prominent style of Peruvian folk music.

The Inca civilization, which incorporated Peru into its empire in the 15th century, was an important influence on Peruvian art. Artifacts from this era can be found in Peruvian museums, while Machu Picchu stands as a magnificent testament to the Incan Empire and is the most renowned symbol of Peruvian architecture.

Modern handicrafts are a blend of functionality and artistry, such as ceramics that are both durable and decorated in styles reminiscent of ancient Moche and Nazca cultures. Textiles made from cotton and wool are created to be sturdy, yet beautiful works of art that represent a wide range of earthly and celestial formations. Native handicrafts consist of woven, colorful intricate designs and elaborately sculpted ceramics – true art forms of the Andes.

In the early 16th century, Peruvian art incorporated European styles of drawing and oil painting, with religious themes which can be found in museums and churches across Peru.

Sports are quite popular in Peru, with football (soccer) at the top of the list followed by women's volleyball. Football can be seen every day throughout Peru – in the streets of every city, town and settlement down to remote areas of the rainforest. Peru has its own professional teams and leagues. The Peru national football team, nicknamed, "La Blanquiroja" represents Peru in men's international football and was organized in 1927 by the Peruvian Football Federation.

The once common sport of bullfighting has diminished significantly in popularity but is often held at fiesta times at coastal and mountain estates.

The national sport of Peru, Paleta Fronton, dates back to the 1940s. This is a game similar to squash with the exception of only one wall!





Photo: Unsplash



FACTS & LEGENDS

- The Andean Condor in Peru is one of the largest flying birds on earth!
- Machu Picchu is one of the New Seven Wonders of the world.
- It is said that Peru has more than 3,000 official festivals each year.
- It can take up to a year to weave a traditional Peruvian poncho.
- Guinea pigs are a popular delicacy.
- “Adios” is how you say goodbye in Spanish, but “chau” is used more widely.
- If you drive in Peru, be prepared for traffic and drivers may use arms out windows to signal turning!
- Writer and Nobel Prize winner, Mario Vargas Llosa, is from Peru.
- Throwing eggs and flour is a common tradition at the beginning of a Peruvian birthday celebration, and cakes usually only have one candle.
- The Cinchona tree, also known as the Peruvian bark tree, is a source of quinine, a drug used to treat malaria and other medical conditions.
- Cerro Blanco is the tallest sand dune in the world.
- Chilcano de pescado is a fish soup that is a popular remedy for too much alcohol consumption.
- The Ayamama legend revolves around the transformation of children into birds. The name of this bird may have been derived from its song “Aaaay- aaaaay- maaaa- maaaa”.
- Yes, some catfish eat wood! Discovered in the Peruvian Amazon, this species is named a wood-eating catfish.
- There are 70,866 steps on the Inca Trail.
- There are over 300 varieties of potatoes grown in Peru!
- Peru’s Nazca Lines, a collection of more than 70 giant human and animal geoglyphs, remain one of the world’s biggest archeological mysteries.



SOUNDS OF PERU FOR YOUR LISTENING PLEASURE

“Marinera Norteña” (“Northern Maninera”)

This is a lively, fast-paced dance that originated in the northern coast of Peru, particularly in Trujillo. The dance is known for its energetic rhythm, graceful movements and use of handkerchiefs to cumbia music.

[Click to Listen](#)

“Cariñito” (“Little Darling”)

This is a Peruvian cumbia, one of the most popular genres in the country. This song was already well-known at national celebrations, but it became more popular as it was the song the Peruvian delegation marched to during the opening ceremony of the 2019 Pan American Games in Lima.

[Click to Listen](#)

“Contigo Perú” (“With You, Peru”)

This is a classic Peruvian waltz which gained recognition because the Peruvian soccer team fans adopted it as an “anthem” during the 2018 World Cup in Russia.

[Click to Listen](#)

“Hoy” (“Today”)

This is a song by Gian Marco, a Peruvian singer-songwriter who wrote the song as a tribute to Peru which resonates with Peruvian migrants.

[Click to Listen](#)



THE CUISINE OF PERU

The cuisine of Peru is both ancient and modern – a fusion of the Indigenous population traditions with contributions of immigrants from Europe. Flavors can be bold, rich and spicy or subtle and complex. The ancient culinary technique of Pachamanca is still used today, consisting of placing meat and potatoes in a hole in the ground and covering it with hot stones. Traditional dishes consist mainly of meat, potatoes, quinoa, alpaca, maize and guinea pig. The popular dish ceviche, first originated in Peru and is the national dish consisting of sea bass marinated for just minutes in lime juice, onion, salt and of course, hot chiles!



FIRST COURSE: PERUVIAN CEVICHE



INGREDIENTS:

- 1 lb sea bass or other white fish cut into bite size pieces
- 1 quart water chilled
- 1 red onion sliced thinly lengthwise
- 1 aji amarillo seeds removed and diced
- 1 clove garlic minced
- 1/4 cup lime juice, fresh
- 1/4 cup lemon juice, fresh
- 2 teaspoons cilantro chopped finely
- 1 sweet potato cut into slices
- lettuce leaves for serving
- corn kernels, toasted large
- 1 tablespoon oil
- Salt and pepper to taste

Prep Time: 15 minutes

Cook Time: 30 minutes

Marinade: 10 minutes

Total Time: 55 minutes

Servings: 4

<https://www.internationalcuisine.com/peruvian-ceviche/>

INSTRUCTIONS:

1. Place water into a pot on the stove to boil. Add in the sweet potato and cook until fork tender (or they can be grilled).
2. Place fish in a non-reactive bowl and add 3 cups of chilled water to the fish and rinse gently. Drain water.
3. Add onions to soak in remaining 1 cup of chilled water and set aside.
4. Place aji, garlic, and pinch of salt in a mortar and pestle. Grind to make a paste.
5. Combine fish, lime and lemon juices, aji and garlic paste, salt and pepper and cilantro. Let marinade for at least 10 minutes.
6. Meanwhile toast the corn kernels on the stove in a tablespoon of oil. They will pop slightly when they are toasted. Place on a paper towel to remove excess oil and add salt to taste.
7. On a platter, place the lettuce leaves on the bottom, top with the ceviche, (reserve the marinade) add on the onion slices and serve with the sweet potatoes and corn kernels.
8. Serve the marinade in a shot glass along with the ceviche, in Peru it is called leche de Tigre and is believed to be an aphrodisiac and a hangover cure.

MAIN DISH: POLLO A LA BRASA (SPLIT ROASTED CHICKEN)



INGREDIENTS:

- 3 1/2 lbs. whole chicken
- 4 teaspoons kosher salt
- 2 tablespoons cumin, ground
- 2 tablespoons paprika
- 1 teaspoon freshly ground black pepper
- 3 cloves garlic minced
- 2 tablespoons white vinegar
- 2 tablespoons vegetable or canola oil

Prep Time: 15 minutes

Cook Time: 30 minutes

Resting Time: 10 Minutes

Total Time: 55 minutes

Servings: 4

<https://www.internationalcuisine.com/peruvian-pollo-a-la-brasa/>

INSTRUCTIONS:

1. Place the chicken on a large cutting board, breast side down. Using sharp kitchen shears, remove backbone by cutting along either side of it. Turn chicken over and lay out flat. Press firmly on breast to flatten chicken.
2. Combine salt, cumin, paprika, pepper, garlic, vinegar and oil in a small bowl. Spread mixture evenly over all surfaces of chicken.
3. Heat grill to medium high heat or charcoal works great too.
4. Place chicken, skin side up, on cooler side of grill, with legs facing toward hotter side. Cover grill, cook until an instant-read thermometer inserted into thickest part of breast registers 110 F. Carefully flip chicken and place, skin side down, on hotter side of grill, with breasts pointed toward cooler side. Press down firmly with a wide, stiff spatula to ensure good contact between bird and grill grates. Cover and cook until skin is crisp and an instant-read thermometer inserted into thickest part of breast registers 145 to 150 F. If chicken threatens to burn before temperature is achieved, carefully slide to cooler side of grill, cover, and continue to cook until done.
5. Transfer chicken to a cutting board and allow to rest for 5 to 10 minutes.
6. Carve and serve with your choice of sauce.

Peruvian sauce recipes to accompany:

<https://www.internationalcuisine.com/peruvian-sauces/>

DESSERT: CARAMEL MERINGUE PARFAIT



INGREDIENTS:

- 1 12 oz can evaporated milk
- 1 14 oz can sweetened condensed milk
- 3 eggs
- 1 cup sugar
- 1/4 cup port wine
- 2 tablespoons water
- 1/2 tablespoon cinnamon, ground

Prep Time: 10 minutes

Cook Time: 50 minutes

Total Time: 1 hour

Servings: 4

<https://www.internationalcuisine.com/peruvian-suspiro-de-limena/#wprm-recipe-container-8460>

Instructions:

1. In a heavy saucepan cook the evaporated milk and the sweetened condensed milk over low heat, stirring constantly with a wooden spoon until the mixture thickens and turns a pretty caramel color, (about 30 - 40 minutes). Take off the heat.
2. Separate the egg whites from the yolks and use a wire beater to beat the egg yolks in a bowl. Add a couple of tablespoons of the hot milk mix and keep beating for a few seconds. Pour everything in the saucepan and mix carefully and reserve. Peruvians call this manjar blanco.
3. In another saucepan mix the sugar, port wine and water. Make it boil over high heat for 6 minutes without stirring. The syrup is ready when it forms a caramel thread when dropped from a spoon.
4. Meanwhile, beat the egg whites with an electric beater at high speed until soft peaks form. For the whites to grow perfectly, they must have no trace of yolk, and the bowl must be dry and clean.
5. Add the hot syrup in a thin and steady stream, beating vigorously until the resulting meringue is cold.
6. Pour the cooked milk mixture (manjar blanco) in individual cups or a larger container, cover with meringue in a decorative fashion, and dust with ground cinnamon.
7. Serve at room temperature or cold from the refrigerator.

Looking Forward to Your Visit



REFERENCES:

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