

Travel Bulletin #2

UNO OLLAS Latin America Study Abroad: Peru 2015

1. Your Flight

Students will fly to and from Peru with the UNO Latin America Study Abroad group. Your flight will leave Omaha at 5:45am on Saturday, May 23, 2015. The group rate for each student is approximately \$1310 and has been assessed as part of your “Study Abroad Fee.”

Below is your round-trip flight itinerary:

| May 23, 2015 | Omaha | Houston | Lima |
|--------------|---------|---------|---------|
| United 4668Y | 5:45am | 8:05am | |
| United 854Y | | 4:30pm | 11:05pm |
| June 6, 2015 | Lima | Houston | Omaha |
| United 855Y | 12:35am | 7:10am | |
| United 3443Y | | 8:45am | 10:59am |

You must arrive at the airport by no later than 4:30am on Saturday, May 23. Be on time or early. Timeliness is imperative when you are traveling as a group.

Please note: On the plane to Lima, the flight attendants will give each person a form to fill out in preparation for customs. Once you're in customs, a security person will collect the completed forms and tear off a small white piece of paper that looks unimportant.

Hang on to it and keep it in a safe place because you will need it to get out of Peru and into the United States without complications.

2. Mileage Plans through United Airlines

You will be flying with United. The deadline to sign up for frequent flyer has passed.

3. Passports & Visas

You have all been informed to order your passports. We will need a copy of your passport by Monday, April 20, 2015 at 10:00am or as soon as possible. Scan and e-mail it to Ms. Maakestad, at cmaakestad@unomaha.edu or you can stop by OLLAS in ASH 102 and we will make a copy for you.

U.S. citizens do not need a visa to enter Peru.

4. Travel Insurance

Print and retain your insurance policy as received from iNext travel insurance. You will need it as proof of insurance. In case of medical or other emergency, seek assistance then call +001 1-317-582-2684 (24/7) to open your case through iNext partner Seven Corners.

5. International Student Identification Card (ISIC)

All students under the age of 25 were required to apply for the International Student Identification Card (ISIC) by Friday, April 10, 2015. Please scan and email a copy to Ms. Maakestad or bring it to OLLAS to make a copy by Friday, May 8, 2015.

Our partner institution in Lima, Peru, Universidad Antonio Ruiz de Montoya (UARM), has secured discounted student rates for students under 25 years only. Those discounted rates are only available to those with the ISIC, for some of our excursions, so the card is saving you money. It costs \$25 (+ shipping). You should have already ordered it online at <http://www.myisic.com/get-a-new-card/>.

6. Accommodations

MAY 23 – MAY 28: All participants will have reservations at the Casa Kolping Hostel, located in the Magdalena del Mar district of Lima, Peru for the first part of the trip. Telephone and fax information are provided so that your family may be able to reach you in the event of an emergency:

Address: Thomas Ramsey 1005
Magdalena del Mar – Lima 17, Perú
Phone: +51 - 1 - 460 - 1466
Fax: +51 - 1 - 461 - 6166
Email: casakolping@hotmail.com

MAY 29 – MAY 30, JUNE 3 – JUNE 4: The group will have reservations at the Hotel Historico La Residencia del Sol in the City of Cusco, Peru. Telephone and fax information are provided so that your family may be able to reach you in the event of an emergency:

Address: Plazoleta Santo Domingo 263, Cusco, Peru
Phone: +51 - 084 - 241 - 739
Fax: +51 - 084 - 262 - 977
Email: informes@laresidenciadelcsolcusco.com

MAY 31 – JUNE 2: Ocongate and Andahuaylillas: Jesuit Society Facilities

7. Vaccinations

Dr. Paul Davis has included information on recommended vaccines for our upcoming trip to Peru. You can now receive any of these vaccines from local pharmacies, such as [Walgreens](#) or [Kohlls](#), or at UNO Student Health:

TYPHOID VACCINE, [strongly recommended]. This disease is highly endemic in Peru. The vaccine **requires 14 days before being fully effective**. It's highly doubtful that students who haven't traveled extensively outside of the United States would have ever received this vaccine. If you use UNO Student Health, you will need to call and have them order this (5 days) before receiving it.

HEPATITIS A VACCINE [strongly recommended]. Prevents an infection very commonly found in the water in Peru. The vaccine **requires 30 days before being fully effective**. It is possible that you received this vaccine already; if so, no boosters required.

HEPATITIS B VACCINE [strongly recommended]. It is possible that you have received this vaccine already. If so, no boosters are required.

TETANUS. You may need a booster; consult student health or a pharmacy. Usually, one receives this booster every 7-10 years.

Yellow fever vaccine is not recommended, as we will not be visiting endemic areas. Moreover, we are not expecting to travel in malaria-endemic areas, so anti-malarial medication is not recommended. Lastly, if you have a medical condition that may affect your immune system (HIV, systemic autoimmune disorders, blood disorders, organ recipient), please inform your immunization provider.

8. **Safety and Security**

Information regarding safety and security, crime, medical facilities, etc. is available on the [State Department's Peru Country Information website](#). The FBI has also issued this [brochure on Safety and Security](#) for U.S. students traveling abroad.

Displaying expensive items such as jewelry, electronics or excessive amounts of cash can put you at risk of being robbed.

USEFUL PHONE NUMBERS:

24 Hour Boys Town Counseling Emergency Hotline: +001 800-448-3000

UNO Student Health Services: +001 402-554-2374

UNO Counseling Center: +001 402-554-2409

9. **U.S Government Travel Information**

U.S. CONSULAR AGENCY IN CUSCO

Avenida Pardo 845

Cusco, Perú

Telephone: +51 - 8 - 423 - 1474

Emergency: +51 - 984 - 621 - 369

U.S. EMBASSY IN LIMA

Avenida La Encalada cdra. 17 s/n

Surco – Lima 33, Perú

Telephone: +51 - 1 - 618 – 2000

Emergency: +51 - 1 - 618 - 2000

Fax: +51 - 1 - 618 - 2397

U.S. DEPARTMENT OF STATE

The Department of State encourages all U.S. citizens traveling or residing abroad to register via the State Department's travel registration website or at the nearest U.S. embassy or consulate abroad. Registration will make your presence and whereabouts known in case it is necessary to contact you in an emergency and will enable you to receive up-to-date information on security conditions. OLLAS staff has registered all travelers in our group.

Emergency Information concerning Americans traveling abroad may be obtained by calling 1-888-407-4747 toll free in the U.S. and Canada or the regular toll line 1-202-501-4444 for callers outside the U.S. and Canada.

10. Currency, Banking & Exchange Services

According to XE Currency Converter, as of Thursday, April 16, 2015, \$1 (U.S. Dollar) = S/. 3.12 (Peruvian Nuevos Soles). Check online a day or two before you leave for an updated exchange rate.

YOU HAVE THREE OPTIONS FOR EXCHANGING CURRENCIES:

1. Exchange currencies at your local bank before you leave home. In this case, you would need to check with your bank ahead of time to see how long it would take them to convert your dollars to Peruvian Nuevos Soles, because most banks will need to order the currency.
2. Exchange currencies at the airport. In this case, you would bring along US dollars to convert at the international airport in Houston.
3. Exchange currencies at an exchange house (*casa de cambio*) in Lima. In this case, you would bring along US dollars¹ to exchange in Lima, Peru.

Regardless of which option you choose, it is always a good idea to bring some dollars (in small denominations) to tide you over until you can go to the bank or withdraw money from an ATM². Some businesses will accept credit cards – Visa and MasterCard are your best bet – but try to pay with cash rather than credit or debit cards to avoid hefty surcharges. Do not expect to cash personal checks once you are abroad. Traveler's checks are not recommended; although the rechargeable traveler's check card should be accepted almost everywhere.

¹ *Keep in mind that in Peru, US dollars must be **pristine dollar bills** (without wrinkles, tears or markings) in order to receive the most favorable exchange rate, and even to have them be accepted.*

² ***Be sure to let your bank know if you will be using your ATM card abroad.***

11. Weather

Please note that your stay in Peru is during their winter season. You may want to check the Lima and Cusco, Peru extended forecasts for the month of June a day or two before departure for the most up-to-date weather predictions. Below are the average weather conditions for Cusco, Lima and Ocongate in the month of June:

CUSCO IN JUNE:

Average high 66°F
Average low 32°F
Average
precipitation 0.1”
rain/month
Sunrise: 6:10am
Sunset: 5:30pm

LIMA IN JUNE:

Average high 69°F
Average low 61°F
Average
precipitation 0.1”
rain/month
Sunrise: 6:25am
Sunset: 5:50pm

OCONGATE IN JUNE:

Average high 69°F
Average low 35°F
Average
precipitation
0.7” rain/month

At certain points, you might be sleeping and eating where rooms may not be heated at night. *Bring warm layers.*

12. Packing

PACKING TIPS

A common rule of thumb for packing for a long trip is to make a pile of everything you think you need and then divide it in half. Prepare your suitcase thinking of autumn in the Midwest. Although winter temperature in Lima does not go below 65 degrees F, humidity reaches almost 100 per cent. The humidity effect is like 45 degrees at night and 55 during the day. After 5 pm you will need to have a lightly padded jacket, four or five thermal underwear shirts, and good cotton pajamas with long sleeves and pants. **It is much cooler in Cusco, due in part to the high altitude.** Try to share items such as hair dryers and adapters so not everyone has to pack everything. (Peru typically employs 220v electrical outlets while in the U.S.A. 120v outlets are the standard. In previous years, our students have not needed voltage converters, but it might be a good idea to bring one if you intend to plug in or recharge items.)

PACKING CHECKLIST

Keep in mind when packing for this exciting experience abroad to pack *as light as possible*:

- Official Documents and Program Necessities. Photocopy each of these items. These copies should be kept separate from the original item. You may want to leave a copy of these documents with a family member as well.
- Passport and copy
- International Student ID Card and copy (Your ISIC will get you discount in cultural areas)
- Credit cards, cash, (traveler's checks not recommended)
- Signed authorization from your doctor if you are bringing any prescription medication and extra prescriptions for medication, glasses, and contact lenses.

CLOTHING/DRESS

- Slippers/shower shoes (some floors are tiled; others are dirt)
- Two pairs of jeans/cargo pants
- One nice outfit (skirts, dresses, or nice pants) with nice shoes
- Long sleeve shirts and short sleeve shirts. Bring warm layers.
- Coat, jacket and a warm sweater (rain poncho or waterproof jacket advised)
- Scarf, hat and gloves (can be purchased in Cusco)
- 1 pair comfortable, fully enclosed walking shoes (hiking boots and/or sneakers)
- Warm (fleece) pajamas and undergarments (don't forget warm socks)

*There is laundry service in the hotel in Lima and a Laundromat nearby.

*Bring some old/worn/disposable clothes and shoes

PERSONAL ITEMS

- Sunglasses
- Soap, washcloth and other desired toiletries
- Toilet paper, Handi Wipes, hand sanitizer
- DEET-containing insect repellent
- Sunscreen

- Small flashlight
- Accuflora: 2 per day [to prevent gastrointestinal illness] (probiotic)
- Dramamine 2 (meclizine): at least 14 pills [to prevent nausea from altitude]
- Advil PM: to help you sleep in less comfortable environments
- Vitamin B-12
- A small backpack (this is very important for the days in Ocongate)
- Binoculars
- Camera and/or video camera, with charger

SUPPLIES FOR THE Q'OLLOY RITI PILGRIMAGE

Thermal clothing, taking into account the altitude of up to 4,800 meters: Sunblock, hat, sunglasses, winter trekking shoes, water and snacks (nowhere to buy anything on the path). Cameras fully charged.

LUGGAGE

Through United, you can bring 2 checked bags for free. Checked bags must weigh 50 pounds or less, and not exceed 62 linear inches when you total length + width + height. If you exceed weight or size limitations, or want to check another bag, additional fees will also be assessed. See the [United Airlines Carry-On Policy](#).

13. Computers (Optional)

While there are computer labs at the Universidad Antonio Ruíz de Montoya (UARM), some computers in the hotel and Internet cafés in Lima, you might want to bring your own laptop in order to facilitate blogging and allow you to affordably communicate with friends and family at home.

14. Cell Phone

The professors accompanying the group will be provided an international cellphone, which will be available in case of emergency. That phone number is **402-281-6634**. We recommend that you do not use your personal cellphone abroad due to extremely high rates for international use, even with an international plan. Each member of the group will be provided with a local cell phone from UARM, which you can use to communicate among the group and make local calls.

15. Gifts

Students and community people you meet may give you something small to bring back as a memento from your visit. You may want to think of small and meaningful Nebraska or UNO gifts, in case you feel the need to reciprocate (pens, etc. will do).

16. Excursions & Touristic Information / Free time

For most of your time in Peru, you will be expected to participate actively with the group in planned activities; however, there are a few times allocated for you to explore in smaller groups according to your interests. You will be expected to behave maturely and cautiously during your free time, and the regulations regarding these more individual excursions will be discussed more in-depth during the orientation sessions.