



Culture Week



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Peru - Cajamarca

Immerse yourself in northern Peruvian culture and have a breathtaking week at the same time with this introductory program. You will be introduced to the traditions of Northern Peru, visit some of the highlights, try some local dishes, and learn some basic Spanish phrases to help you feel at ease during your time here. All in all - this is a great jumpstart for your time in Peru!



Program Description

Cajamarca is where everything started. Known as the "City of the Meeting of the Two Worlds", Cajamarca will immerse you in Incan and pre-Incan culture while you live in a modern yet colonial city.

Over the course of our Culture Week you will have the opportunity to try various traditional, often ancient, Andean recipes and see architecture ranging from 1000 B.C. to the 1700s. You will gain first-hand insight into the history, the language, and the diversity of cultures, all while exploring the sights that make Cajamarca a gem in the Northern Andes.

Our Culture Week will prepare you for your stay in Cajamarca by giving you a brief insight into the country's background, customs, language, culture, and history. Moreover, you will enjoy some of the must-see attractions in the area and get the chance to meet and bond with fellow participants.

Program Duration & Availability

Min duration (weeks): 1
Max duration (weeks): 1

Aims & Objectives

- Help you familiarize yourself with the local surroundings
- Teach you helpful Spanish words and phrases
- Broaden your knowledge of the local customs, history and culture
- Provide a full induction, preparing you for a longer stay

Schedule

Monday

- Introduction to Projects, House rules, Setting Expectations, Health and Safety Advice and handling of documents.
- Peruvian Do's and Don'ts, Peruvian Culture Lessons and Spanish Language Lessons.
- Tour around the compound and local area; where to find local shops, and arrange a sim-card if necessary.
- Lunch
- Small hike to 'white crosses hill' where you can have a thermal Baths in Banos (Optional) and a massage session (Optional) .

Tuesday

We will visit Granja Porcón, a beautiful area and traditional farm. Here you will have the opportunity to get in touch with the Andean scenery that surrounds Cajamarca. After exploring the fields, forests, or farm, we will have a picnic on the hillside and return to Cajamarca. The journey will take 40 minutes both ways.

Wednesday

In the morning we will take a combination of public transport and walk to Cumbe Mayo, perhaps the oldest manmade structure in South America. Built around 1500 B.C.E., Cumbe Mayo exhibits the ingenuity of Pre-Incan technologies.

Here you will see a system of hand carved canals that carry water over the continental divide, and at one point, sustained the inhabitants of what later became Cajamarca. At an altitude of 3,500 metres above sea level, this ceremonial Pre-Incan complex and the surrounding rock forest is our last visiting spot before heading back to Cajamarca.

Thursday

In the morning we will take a tour around Cajamarca pointing out some of the main attractions, markets, and historical points of interest.

Along the way you will see churches from the colonial era, the main square that bustles with constant activity, and the Cuarto de Rescate (Ransom Room). It was in this site where the last Incan king Atahualpa bargained with Spanish Conquistador Pizarro unsuccessfully for his release, thus ending the Incan empire and opening the door to Spanish influence in Peru.

We will also hike up to the top of Santa Apolonia Hill where there is small church and a beautiful overlook of the entire city. Along the walk you will see some traditional artisanal market places with typical Cajamarquino materials and goods.

Friday

Go to Namora and visit the local guitarra workshops and the hat weaving ladies. We will then take a Tuk Tuk to Laguna San Nicolas to walk around the laguna, ride in totora boats around the laguna and have lunch at a El aventurero restaurant in the afternoon.

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Starting Dates

During 2019

This program starts every week.

During 2020

This program starts every week.

Participant Criteria & Requirements

Minimum age:	-
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	No
Resume copy required:	No
Required qualification:	None

Additional Requirements

You must be aware of the altitude (2750 MASL) and effects it may have on the condition of your health.

Additional Equipment

- Strong shoes for hiking
- Appropriate clothing for hiking, swimming and cold weather