



Perú Practicalities

Time Difference

Peru is on Eastern Standard Time, but does not observe daylight savings time.

Voltage

Electricity operates on 220 voltage current (USA is 110). Most US appliances have dual voltage, If yours has dual voltage, then only a two-pronged adapter for the wall plug is needed. If your appliance does not have dual voltage, you should consider either leaving the appliance at home or purchasing a converter set.

Language

Both Spanish and Quechua are spoken in Peru. Many place are referred to by spellings in both languages ("k" and "qu" are commonly interchanged in spelling of Spanish and Quechua places of interest). Spanish is common in cities, Quechua in the countryside.

Cuisine

In the coastal region, seafood is prominent. In the Andes potatoes, corn, quinoa, beef, chicken, lamb and trout. Andean food is generally not spicy and herbs are used sparingly.

Money Exchange

Peru's currency is the "nuevo sol", commonly referred to as the "sol". Peru also has a subdivision of the sol, céntimos. 100 céntimos = 1 sol. Money can be exchanged at a bank (there may be a small fee, however the rate will be the "official" exchange rate), a Casa de Cambio (many businesses offer to exchange your money at a small window within their establishment) or on the street (black market, avoid). Many stores will just as readily accept US dollars as Peruvian soles, however charge cards are not widely accepted as of yet. If a charge card is used (credit or debit), it must be in the name of the participant. Consult with your bank prior to departure to review international fees

Water

Travelers are advised to drink only sealed bottled water, readily available in stores. Homestay families (if applicable) also use bottled water for drinking.



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Sun

The sun can be deceptively strong and hot, even in high altitudes. A hat and sunscreen (SPF 30 or higher) are recommended.

Altitude

Travelers to the Andes (including Cusco) may feel the effects of "soroche" or altitude sickness. Rest upon arrival, eat light meals and drink "mate de coca" (coca tea) before attempting any strenuous activity. If you experience headaches or nausea, rest. Be sure to drink plenty of water; hydration assists.

Pharmacies

"Farmacias" or "boticas" will have antibiotics and other medicines available over the counter. Be familiar with the drug name versus name brand (for example, acetaminophen for Tylenol.) US brand names may not be available.

Shopping

In Peru, approximately 40% of the population works in the unregulated popular market. That is to say, without a formal physical store front. Many bargains can be found with the street vendors who sell their products on the sidewalks. Bargaining is acceptable on the street as well as in established stores.

Restaurants and Cafés

Menus are posted outside many restaurants and cafés. Look for a board, which may also post the special menu of the day. Tipping is recommended, in a café 2-3 soles is appropriate, and in a restaurant 4-5 soles.

Meals

Breakfast is often continental, with bread, fruit, and juice. The main meal of the day is between 1:00 and 3:00 p.m., during that time many businesses will close, reopening around 4:00 p.m. The evening meal is between 7:00 and 9:00 p.m., and is lighter than the main meal. Tea or "mate" of different flavors often are served to accompany the meals in higher altitudes, aiding in digestion.



Transportation

Secondary street names may change at every block in the smaller cities, so you may want to carry a city map. Taxis are a common choice of transportation and are not regulated. Agree upon a fair with the driver before entering the taxi. Combis/Colectivos are vans and small buses, not regulated, with the routes written on the windshield indicating major roads and neighborhoods. They informally stop at any street corner along the route if there is room.

PACKING FOR PERU

Weather and Seasons

Because Peru is located on the opposite side of the equator, the seasons in Peru are opposite the seasons in the States. In the Andes, there are no marked seasons, such as snowy winters and hot summers. It is more the rainy season and the dry season. June, July and August are the driest months, and also the high tourist season. November through March is the rainy season. It rains mostly in the afternoons and evenings. It is lush and green, with all of the crops coming up.

It is quite hot in the sun all year round, and the evenings are chilly. June nights are the coldest. Daybreak can have frosty plants, but freezing is very rare.

Packing List

Cusco, Písaq and the Sacred Valley are warm in the day and cold at night. The sun is extremely bright and hot due to the high altitude and proximity to the equator, but the minute it sets or is cloudy it is chilly. Layers are the best solution. Polar fleece is great! Anything casual and comfortable is recommended.



Please review your PREGUNTAS Enrollment Booklet, p. 5: LUGGAGE, PACKING & PROPER DRESS.

Suggested Packing List

- Good walking shoes or hiking boots (you don't mind getting wet in)
- Hidden pouch or money belt
- Dry shoes for evening
- Underclothes and socks
- At least two pairs of long pants for touring days
- Some people like to tour in shorts, although long pants are recommended
- because of bugs and scrapes.
- Skirt or dress
- Short & long sleeved t-shirts
- Light weight rain jacket or cheap rain poncho
- Warm hat or cap (or purchase after arrival)
- Warm sweater or sweatshirt (or purchase an Alpaca sweater after arrival)
- Jacket or windbreaker
- Bathing suit
- Sunscreen

Field gear

- Plastic bags for dirty clothes
- Binoculars (sharing is highly recommended)
- Insect repellent for MachuPicchu



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Peruvian Food

Ají -	hot pepper
Anticuchos -	shishkabobs of marinated beef heart
Cancha -	popcorn
Camote -	sweet potato
Ceviche -	fish/seafood marinated in seasoned lime juice (cold)
Chicha -	fermented corn beverage
Chicharrones -	fried pork skins
Chifa -	Chinese food in Peru
Chirimoya -	custard apple
Choclo -	corn on the cob
Churros -	donut sticks
Cordero -	lamb
Cuy -	guinea pig
Fideos -	noodles
Mate -	tea (many varieties available)
Pachamanca -	meat and vegetables cooked in pits within the earth
Quinua -	high protein grain
Tallarines -	spaghetti
Tuna -	pear-like fruit of a cactus
Yuca -	manioc (root similar to a potato)

Foods brought by the Spanish

Sugar cane
Rice
Wheat
Grapes
Various varieties of beans
Apples
Oranges
Lemons
Limes
Peach
Beef
Sheep
Goat
Pig
Mule
Chicken
Duck
Rice

Foods native to Peru

Oca
Many varieties of Potatoes
Corn
Pinto beans
Chile
Cocoa
Yucca
Avocado
Alpaca
Guinea pig
Turkey



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Abbreviations

PNP	Policía Nacional de Perú
INDECOPI	Defensa del consumidor
SA	Sociedad Anónima
SRL	Sociedad Responsabilidad Limitada
RUC	Registro Unificado de Comercio
IGV	Impuesto general a las ventas
Lic.	Licenciado
Tel. (Telf.)	Teléfono
Av.	Avenida
No.	Número
UNSAAC	Universidad Nacional de San Antonio Abad del Cusco
Urb.	Urbanización
Ing.	Ingeniero
INC	Instituto Nacional de Cultura
ONU	Organización de las Naciones Unidas
OEA	Organización de los Estados Americanos
UPP	Unión para Perú
APRA	Alianza Popular Revolucionario Americano



Perú An Overview

Introduction

Peru is a country of contrasts: deserts, the Andes mountains, rainforest, modern metropolitan cities, remote jungle tribes, small Andean villages, ruins of the great Inca empire. When Pizarro arrived, he encountered the powerful Inca Empire and its treasures of gold, silver, and precious gems. Once conquered, Pizarro and his forces pilfered and destroyed many cities, and the treasure was sent to a dominating Spain. Spanish colonists established settlements in many Inca cities, the church being the primary focus of colonial life. After 300 years of colonial rule, Peru became independent republic in the 19th century.

Today about 45% of Peru's 22 million inhabitants are of pure Indian blood, 37% are mestizos (mixed white and Indian), 15% European, 3% black and Asian. Spanish and Quechua are the official languages, and over 90% of the population is Roman Catholic. The cities are very western and modern, while the rural areas still maintain many traditional Indian customs and rituals.

History

Pre-Hispanic Rise of the Inca Empire

The archeological evidence of human occupation in Peru dates back to around 20,000 BC in the Ayacucho Valley. From 20,000 BC - 200 BC Peruvians were hunter-gatherers, eventually developing cultivation of seeds (gourds, lima beans, squashes, peanut, cotton) and tubers (potatoes). The building of religious structures and mummification as well as weaving tool making developed.



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From 1200 BC - 1100 AD agricultural and village life became established. Social and domestic structures evolved as well as elaborate textiles, ceramics, and buildings. Religious symbols relating to animals (condors, snakes, pumas) and the earth (sky, sun, moon, water) appeared.

Intertribal warfare sparked a building of cities and defensive fortresses. The Inca Empire (1200 - 1532) started as a small tribe, eventually taking over many other tribes in the region. The great expansion occurred in the 15th century under the emperors Pachacuti, Topac Yupanqui and Huayna Capac. As the regions were assimilated the Incas studied and assimilated the various textiles techniques, architecture, gold working, irrigation, pottery and medicine. AT its peak there were storehouses of food throughout the empire thereby eliminating hunger, irrigated deserts and terraced mountainsides for agriculture and the prevention of erosion.

Inca social structure was like a pyramid. There was only communal property, no private property. All citizens wore clothes and hairstyle fitting their station and ethnic group.

- Ruling Inca Emperor and his coya (queen)
- Inca nobility - Capac Incas, descendants of Manco Capac the founding Inca, and belonging to 10 - 12 panacas or royal houses. Privileges: polygamy, chewing coca leaves, wearing vicuna wool.
- Ayllus - large kinship groups, of lesser nobility, Incas-by-privilege who were early inhabitants of Cusco predating the Incas.
- Regional nobility - not Inca, but held aristocratic privileges and intricate blood relationships and reciprocal obligations to the ruling class.
- Yanakuna - domestic class which served the panacas without receiving reciprocal benefits.



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Young Inca nobles were taught the knowledge of their culture through mnemonic songs and verses. There are no official written Inca documents. The Inca calendar marked annual stages of life and the agricultural seasons with the summer and winter solstices.

Cusco was a holy Inca city and the administrative capital of the empire. It was the center of the "Tahuantinsuyu" - the four quarters of the world. The great royal roads to the four quarters began at the city square. Here in the square soil from every province was ritually mixed with soil from Cusco.

Pre-Hispanic Rise of the Inca Empire

The organization of the empire based on efficient agriculture. Everyone was involved in the working of the land. Because of excellent food production, labor was diverted to create buildings, roads and artisan products. A "mita" system made this possible. It was a kind of community tax, paid in labor. Every community sent some of its able-bodied young men and women for a limited period into the service of the state. The period varied according to the work. For example: mining was a difficult assignment, and therefore brief. Working in a pottery was easier, and therefore longer. Incas had storage and lodging facilities approximately every 10 km (6 miles). Every major bridge and facility had a "quipucamayoc" who recorded everything that moved along the road on a "quipu" A quipu was a strand of cord attached to color-coded strings, each carrying a series of knots tied so as to indicate a digital value.

However as Pachacuti expanded the empire, the further from Cusco he went, increasingly the groups they confronted held very different ideas and ideologies. More resistance meant increasing use of force. When Incas used military force, they used it generously. Many surrendered without a fight upon seeing the size of the Inca army. The Inca preferred to cut off water and food supply rather than violent battle. War and warriorhood were not of paramount value. If they were, military tactics and technology would have been more developed and advanced, the weapons and method of warfare were very primitive and inferior to their administration, architecture, agriculture and engineering. Warfare and weapons had not evolved since earliest Andean cultures - they fought with clubs, stones, and all-wooden spears. Quite a difference from the Spanish conquistadors.



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During Pachacuti's reign, the empire expanded through various means. Indians that resisted were vanquished and relocated as punishment. Many joined the empire through peaceful negotiations with little loss of regional control provided they added Inti, the Sun, as their supreme god and paid homage to the Inca leaders.

By the end of the 15th century the empire was over 5500km long, stretching from southern Colombia to northern Chile. Inca highways covered distances around 30,000km.

Huayna Capac had two sons, Atahualpa and Huascar. Atahualpa ruled from Quito, and Huascar from Cusco. Upon their father's death, a war erupted over who should be the next emperor. Atahualpa won, after a long bloody war that cost many Inca lives, in 1532. As new emperor he heard of the alien looking bearded visitors, and he awaited their arrival.

Spanish Conquest

While in Panama the Spanish conquistador Francisco Pizarro heard tales about an immensely rich empire to the south. Meanwhile in 1519 fellow conquistador Hernán Cortés captured the Aztec empire with 500 men and 16 horses. Pizarro, his partner Diego de Almagro and priest Hernando de Luque made 2 expeditions before finding the Inca city of Tumbes (Ecuador) in 1532. Pizarro returned a few months later with 168 men and found the Inca empire recovering from the civil war between Atahualpa and Huascar (which Atahualpa won).

Atahualpa decided to meet the Spaniards himself, and as Pizarro and his men advanced into the interior they met no resistance as per Atahualpa's orders. Upon arriving at Cajamarca, the Spaniards realized the vastness of the empire and lusted for the gold they encountered. Pizarro planned a meeting with Atahualpa, but was really planning an ambush. At the meeting Atahualpa came with 80 nobles and 5-6000 soldiers. Pizarro and his men massacred thousands, capturing Atahualpa. Although ridiculously outnumbered, the Spaniard had surprise, steel, cannons, armor, and a mounted calvary.



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Atahualpa offered a ransom for his freedom upon seeing the greed for gold that consumed the Spaniards: an 88km² room would be filled once with gold and twice with silver. Pizarro agreed to replace Atahualpa to rule in Quito (but this was a lie). The treasure came from all parts of the empire for six months. Instead of freeing Atahualpa, Pizarro chose to keep him hostage in case of Indian revolt. In 1533 Diego de Almagro arrived with 150 Spanish reinforcements and transported the riches back to Spain for King Charles V. Many Spaniards worried about Atahualpa's prolonged captivity, that a rescue attempt may be made. Pizarro brought Atahualpa to trial in 1533, and the priest Valverde used an interpreter to instruct Atahualpa in the Christian faith. The Spanish baptized and then killed Atahualpa. Atahualpa's supporters as well as King Charles V were dismayed at the news of the emperor's death.

In 1538 the Spaniards arrived in Cusco, where news of Atahualpa's death was welcomed (this city backed the failed Huascar in the civil war). Pizarro efficiently and consistently crushed an Indian resistance, and pressed on to the city of Cusco. Pizarro and his men marched unopposed into the city, the "navel of the Inca universe." He was impressed by the masonry and irrigation of the city, but he immediately began the destruction of religious sites and pillaged the temples. Pizarro kept the looting of Cusco orderly so as to avoid a popular Indian uprising. Pizarro offered his men allotments of natives, called "encomiendas", to persuade them to stay on as colonists. Pizarro installed a son of Huayna-Capac, Manco, as an Inca puppet emperor.

Manco ruled in Cusco while Pizarro went to the coast and founded the city of Lima in 1534 and 1535. After two years, Manco became disenchanted with the Spaniards and fled the city to lead a rebellion. Manco's troops took Sacsayhuaman, the great mountaintop fortress overlooking the city. 100,000 Inca warriors fought against Spaniard's 80 cavalry and 110 foot soldiers commanded by Francisco Pizarro's brother, Hernando. The Inca attacked from the mountaintop with red-hot sling shot stones onto Cusco's thatched roofs. The Spanish counterattacked Sacsayhuaman in a charge led by another Pizarro brother, Pedro, and 50 horsemen. Despite numbers, the Inca still didn't have an effective weapon against the Spanish and the Spanish triumphed. Captured Indians were brutally tortured and killed.



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Manco remained deep in the interior and ordered attacks on the Spaniards, using geography to their advantage. Spanish governors from other parts of the Americas sent reinforcements. Descendants of Manco, including Titu Cusi and Tupac Amaru continued to battle the Spaniards. The Spaniards knew that as long as an Inca emperor was alive, resistance would be alive too. Finally in 1569 Tupac Amaru was captured, tried, and beheaded.

In 1520 the native population was 32 million, and in 1548 5 million due to small pox, measles, bubonic plague, whooping cough and influenza.

Colonial Rule

After a few years of chaotic colonial administration Francisco de Toledo arrived in 1569 as Viceroy. He established "reducciones", forced resettlements of Indians into Spanish style towns, including a central plaza, church, municipality and prison. These towns made easier the collection of tribute from the Indians and their conversion to Christianity. The "encomienda" system continued, with Indians working to serve their Spanish master.

Once the Inca temples were completely pillaged, the Spaniards began mining silver and mercury using Indian laborers. Conditions were appalling and mortality high. While priests actively evangelized, religion actually changed little. Inca ceremonies were outlawed, however the people learned to absorb symbolic elements of the Catholic faith into the beliefs and rituals. At its height for 200 years, the viceroy of Peru extended from Panama to Argentina, and was 15 times the size of Spain.



Rebellion and Republic

During the 18th century the exploitation of the Indians was extreme, and rebellion erupted. Tupac Amaru II (born Jose Gabriel Condorcanqui) claimed to be descended from Emperor Tupac Amaru. Tupac Amaru II fought against tyranny of the tribute collectors and the working conditions of the Indians. In 1780 he led a bloody battle against Royalist soldiers. He was captured and executed in 1781. Over the next 10 years many small uprisings occurred, which prompted King Charles III to divide the country in 7 areas, the pattern for today's South American republics.

By the 1790s, a sense of Peruvian nationalism was emerging, spurred on by the American Revolution and French revolution. With Napoleon's invasion of Spain, battles for independence from Spain erupted throughout South America. Declarations of independence were made in 1809 and followed by 15 years of war. Argentine general Jose de San Martin liberated Chile in 1818 and Lima in 1821. Peru proclaimed independence on July 28, 1821. San Martin worked with Venezuelan Simon Bolivar to fully expel the Spanish rule from South America.

San Martín worked on a constitution, declaring freedom for slaves' children, abolished Indian service, proclaimed the descendants of the Incas to be citizens of Peru, and outlawed the term "Indian". Unfortunately political chaos prohibited the implementation of these declarations.

During the 1800s "guano" (bird excrement) became a primary export product to an industrial Europe. Proceeds from the sale of guano financed the development of Peru's railroad system. The high revenues generated by guano also enabled the government to abolish Indian tribute and the slaves were freed without any socio-economic disruption. Unfortunately the railroad project was over budget and over spent, plunging Peru into bankruptcy in 1877.

In 1879 Peru went to war against Chile over nitrate mines in Bolivia, pertaining to a tax on the nitrates to the Chilean-British mining company. Chile won this war, and Peru lost all rights to the nitrate deposits and ceded land. Peru's economy was thrown into chaos.



20th Century

In the 1900s British and US companies reestablished mining, coastal factories and urban sweatshops. Unionization and the creation of political parties dominated the first half of the 20th century. Conservative and military governments maintained power for approximately 50 years. During the second half of the century pressure for land reform, redistribution of wealth, and the nationalization of oil, mining, and fishing industries occurred.

During the 1970s and 1980s Peru suffered a series of military coups, democratic elections, political violence, and economic difficulties, including annual inflation ranging from 60 - 2000% per year.

In 1990 Alberto Fujimori became president. He faced many problems, including urban poverty, economic stagnation, widespread political and judicial corruption. Fujimori enacted many drastic reforms which resulted in improved economic growth by 1992. By 1993 direct foreign investment increased 22% and by 1994 economic growth was the highest in South America.



Cusco City

Temple of the Sun

Koricancha means "golden enclosure" and was the most important place of worship in the Inca Empire. Originally the Temple of the Sun, this Inca complex contained four small sanctuaries and a larger temple and courtyard. The walls were covered with sheets of gold and a huge solid gold disc in the shape of the sun was in the main temple. Structures of gold, silver, and jewels did not survive the plundering of the Spanish. Here in this temple were kept mummies of dead Inca rulers and every emperor married here before taking the throne. This temple also served as a celestial observatory. Areas to worship the Moon, Venus, Thunder, Lightning and the Rainbow are also here. The Spanish built the Church of Santo Domingo in the 17th century in Baroque style atop the Inca Temple.

Pregunta: Why were the walls angled inward in Inca construction?

Pregunta: What do you think happened to the gold, silver and precious jewels of Koricancha?

Pregunta: What room contains the tiniest Inca building stone?

Cathedral

The Cusco Cathedral is on the main plaza, sitting on the foundations of the Inca Viracocha's palace. It was constructed from the stones of Sacsayhuaman, the fortress you will visit later. Constructed in 1560, there is the main sanctuary in the shape of a Latin cross with 14 pillars as well as the Triunfo chapel, the first Spanish Church built in Cusco. The cathedral has 10 chapels and an adjoining Church of Jesús María. The most famous chapel is the Chapel of El Señor de los Temblores (Lord of the Earthquakes).

Pregunta: In the Chapel of El Señor de los Temblores, why is the wood of the crucifix so dark?



Sacsayhuaman

Sacsayhuaman is a monolithic fortress overlooking Cusco built beginning in the 1440s. Three massive parallel walls zigzag to protect the inner fortress, most of which was destroyed to build structures within Cusco (including the Cathedral). Sacsayhuaman is said to be the head and teeth of the puma, with the city being the body. The walls are 20 meters high, and the stonework is very impressive. This fortress was home to 5000 Inca soldiers.

Pregunta: What does the Inti Raymi festival in Cusco celebrate?
When is it celebrated?

Cusco City

Qenko

Qenko is formed from a natural limestone formation. The Quechua word "quenqo" means "labyrinth" or "zigzag" and refers to patterns on the stone. This Inca shrine has a circular amphitheater and a 5 meter high stone block centerpiece. This ceremonial center was dedicated to the mother earth and include water canals and a subterranean room.

Pregunta: The large stone block is said to represent what animal?

Puca Pucara

Puca Pucara is a small fortress which served as a guard post to the Cusco valley. This pink stone complex has hillside terraces, stairways, tunnels and towers.

Pregunta: What is the origin of the pink stone?

Tambo Machay

Tambo Machay was the sacred bathing place for the Inca rulers and their royal women. An aqueduct system feeds crystal cold water into a series of showers and baths.



Pregunta: How many levels of baths are built into the side of the mountain?

Museo Arte Religioso and San Blas Church

Starting at the Plaza de Armas, take the road to the right of the Cathedral up the hill (Triunfo). The Religious Art Museum will be on the next corner. The Museum is located in the former residence of the Archbishop, a mansion built on the foundation of the Inca palace of Hathunrumiyoc, the 6th Inca emperor. Painting of religious nature are displayed in period rooms.

Pregunta: Look carefully at the painting of the Last Supper. Christ isn't partaking bread. What is it?

When leaving the museum, turn right onto Hathunrumiyoc to continue up toward San Blas. While walking down this street look for the famous 12 angled stone and note how well it fits into the wall.

The small chapel of San Blas is at the top of the hill. The highlight here is the elaborate pulpit, made from one solid block of cedar in the 17th century.

Pregunta: Where are the carved pulpits of a cherubim, sun-disc, faces, and bunches of grapes (location may vary)?

The neighborhood around the church is home to many artists and their studios. While walking back to the Plaza de Armas, enjoy the many stores along the way.

Cusco City

Garcilaso Museum

Garcilaso Museum (Regional History Museum) and Contemporary Art Museum (Tourist Ticket, 30 - 60 minutes) From the Plaza de Armas, take Calle de Medio one block to the Plaza Regocijo.



Regional History Museum

The Regional History Museum is housed in the former colonial mansion of Garcilaso de la Vega, a prolific half-inca, half-Spanish poet and author. The museum consists of 2 floors, the lower floor focusing on the Pre-Inca and Inca civilization, the upper on the Cusco tradition and school of painting.

The lower level highlights many pre-inca civilizations, with displays of pottery, tools, and various other artifacts. Groups highlighted included Chavin, Mochica, Chimu, Chancay, Nasca, Pukara, Chanapata, Killke, Luore, Wari, Tahuantinsuyo and the Inca Empire, ranging from 2000 BC -- 1532 AC.

Pregunta: What group had hydraulic, metallurgy and agriculture systems?

Pregunta: What is the name and dates of the earliest civilization highlighted here?

Pregunta: What group was classified as "hunter gatherer"?

Pregunta: To what group does the mummy belong?

Pregunta: What was the name of the great Inca Emperor of Cusco?

Pregunta: What site did the microsculptures come from? What do you think the function of these pieces was?

On the stairway to the upper level is an introduction to the Cusqueña School (style) of Painting. This style was born in the 16th century, with an Indian base and strong European influence. Technique, themes and characteristics were developed in the 17th century and reached its apex in the 18th century with the mestizo school, a mixture of European and Indian, creating a new art form. The paintings were important tools used by priests in conversion of the Indians to Catholicism.



Cusco City

Contemporary Art Museum

The Contemporary Art Museum consists of approximately six rooms. Unguided, the visitor is left to interpret the art.

Look for:

- Art using various mediums
- Art reflecting themes of today's society and culture

Santa Catalina Museum

Start at the Plaza de Armas on the steps of the cathedral. Turn right on Calle Arequipa. This convent was built on the ruins of the Temple of the Sun. Currently it houses a collection of paintings from the Cusqueña School of Paintings and some 17th century tapestries and furniture.

Common features:

- downward looking
- blood-covered disproportionate head, body and limbs of 17th century depictions of Christ.

These represent the suffering of the Andean Indians and originate from early colonial days when Indians weren't permitted to look Spaniard in the eyes.

Pregunta: Find the theme of inter-racial mixing depicting the union of Indian and Spanish cultures in addition to the features mentioned above.

La Compañía Church

This church was built after the 1650 earthquake, in the shape of a Latin cross over the foundation of an inca palace. Containing a gold-leaf altarpiece and numerous paintings, the most famous is on the right side of the church, and is of a crucified Cusco peasant.



La Merced Church Museum

This church was rebuilt after the 1650 earthquake and is open during scheduled mass. The highlight is in the museum, on the left side of the church, separate entrance, which contains the treasures of the Church. The main piece is a 1 meter tall altar piece containing over 600 pearls, 1500 diamonds, and 22 kg. of solid gold. Also present are many painting of the Cusqueña school.

Museo Inka

The San Antonio Abad National University of Cusco operates the Inca Museum. The Museum is housed in El Palacio del Almirante (the Admiral's Palace) and was constructed on an Inca foundation. This Museum will provide an excellent introduction to the Inca Empire. All displays are accompanied by explanations written in Spanish. Displays include pre-Inca culture, historical and mythological origins of the Inca, agriculture, ceramics, architecture, art, medicine, tombs (including several mummies), religion, the Spanish invasion and influence, the Incas through the 16th through the 20th century. Very informative and interesting, this Museum is a great introduction to the Inca and to Cusco.

Outside of Cusco

Sacred Valley

Leave the Cusco valley and arrive to the Urubamba Valley. The tour may take a 15-minute break in a small village or pause for panoramic picture taking before arriving at Pisac.

Pisac

Market days in Pisac are Tuesday, Thursday, and Sunday. Bargaining is required in this, as in all Peruvian markets. Especially noteworthy in Pisac are the ceramics, many made locally. Also not to be missed is the food section of this market, where many locals will proudly display their products for sale. The ruins are atop the mountains near Pisac, however a full day is needed to ascend, explore and descend so the tour will not visit the ruins.

Pregunta: What varieties of potatoes, natural paints, and ceramics are found in the market?



Ollantaytambo

Ollantaytambo is a town at the center of the valley and is an original Inca village. This fortress persistently resisted many Spanish attacks by Hernando Pizarro. The solid stone terraces on the cliff are exciting to climb. Atop the cliff are huge red granite blocks which came from a neighboring mountain. A path leads around the cliff to a second agricultural area, where terraces, grain storage huts, and irrigation paths can be explored. At the base of the cliff is an Inca plaza with buildings and a bath, water still flowing through the baths today.

Preguntas: Where is the equinox, winter and summer solstices, and the profile of the Inca chief located (may not be the same location)?

Chincho

Chincho is a small "town of the rainbow" and has kept its traditions. Many of the town's inhabitants live in centuries old houses. The beautiful view of the Andes may have lured the Inca to build a place and farming terraces here. Today a church stands atop the Inca palace. Indians hold a market in the plaza area outside the church.

Pregunta: How were and are the Spanish and Indigenous blended in the church (physically as well as spiritually)?

Outside of Cusco

Machu Picchu

Depart by a reserved seat tourist train at approximately 6am. After a spectacular 3 ½ hour journey, you'll arrive in Machu Picchu Pueblo (Agua Calientes). From there you'll transfer by bus to the ruins. Dress in layers. Expect cold in the morning and hot in the afternoon. Wear shoes with good traction, sunscreen and deet (tiny insects inhabit the ruins). There are restroom facilities and storage facilities –nominal user fees apply- at the entrance.



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The Municipality of Machu Picchu has banned the use of disposable plastic bottles, because the amount of the disposable bottles exceeds 1 ton monthly, generating a serious environmental issue.

The sale and consumption of beverages in disposable plastic bottles is strictly forbidden to avoid pollution in the area.

The ban aims to promote the sale of drinks in returnable glass bottles and the use of water bottles. The use or sale of plastic disposable bottles will be fined S/.1.775 fine (US \$600 dollars).

Why hide the city so high on top of a mountain?

Archaeologists believe that the city of Machu Picchu was constructed around the 13th and 15th centuries. Most evidence points out to the late 1400s, therefore, most specialists consider the construction to have been started by Inca ruler called Sapa Inca Pachacuti around the 1440s.

It was constructed at a height of 7.710 feet on top of a steep mountain in the Urubamba Jungle, overlooking the Urubamba River, which flows in the valley with the same name.

The Incas wanted to create a remote city and they did a great job in choosing the location. It could have been a religious place or a hidden residence of rich Incas or just a city that was forgotten in time, no-one knows for sure, but what is almost certain that even while it was in use, Machu Picchu lay hidden even from most of the Incas, not just potential enemies in the area.

The place where the "Old Peak" is located was easy to protect from attacking jungle tribes and also offered a great view over the valley below, allowing the Incas to see everything that was going on down there. The enemy though, could not see that there was a city on top of the mountain, which was steep and covered with dense vegetation.



TEACHER PLANNING GUIDE

Today, we can see fields in the middle of the Vilcanota River's valley, even grassy mountain sides, but during the height of the Inca Empire, the area was more densely covered with forests. Wild animals (such as poisonous snakes, insects and jaguars) could have prevented anyone from wondering deeper upwards.

If Machu Picchu as an imperial residence, then it's likely to have been kept secret even from other Incas.

What is interesting is that it was left by its residents a long time before Pizarro's forces arrived in the area. The reason is not known, even more interesting is the fact that very few skeletons have been found in comparison to how many people could have lived in Machu Picchu. Therefore, certainly many of them have left the city and even afterwards, they kept the secret well.

How did Machu Picchu survive so well?

Machu Picchu's rooftops collapsed, because they were made of branches covered tops made of hay-like materials. It would be interesting if the original rooftops were reconstructed. The whole cityscape would change.

Most of the stones used are perfectly in place, even today. Being hidden from the Spaniards saved Machu Picchu from attacks, but its hard rocks were the ones that ensured its conservation for further centuries.

Lying covered by dense vegetation for 500 years might have also contributed to the good conservation.

What was Machu Picchu's purpose and who lived there?

Some specialists believe that Machu Picchu served as some sort of religious gathering place, a holy place.

Others affirm that it was a imperial residence, perhaps the great Emperor Pachacuti might have lived here. However, this is less likely, because there should have been more impressive structures, larger buildings for special people, like the ruler and his family.



INTERACT TEACHER PLANNING GUIDE

We know for certain that hundreds of people could have lived up there in isolation. The agricultural terraces and the aqueducts were enough to ensure the live of a small community of several big families.

The presence of many temples in the city underlines the religious importance of Machu Picchu. But this solely does not mean that it was a religious sanctuary or holy place. In Europe too, cities were full of churches with high towers, some cities had more churches than others and it still didn't make them religious cities. What we have to understand it that Incas were deeply religious, as ancient people were in general.

Many priests and rich Incas could have lived here in isolation, but there are also signs of the presence of lower rank people, like agricultural workers, who lived in the smaller houses, closer to the terraces.

Scientists have determined that approximately 750 people could have lived in good conditions on top of the mountain using the 140 buildings.

The city was self sufficient. It is possible that Machu Picchu was inhabited for 50 to 100 years (taking account of its possible construction period and when the population might have left it).

It is likely that those people who have built it all died out, possibly even their children have grown to adulthood, got old and died, leaving behind a 3rd generation who might not have felt the interest or might not have had the possibility to live there anymore and left the city.



TEACHER PLANNING GUIDE

Cusco Homestay Participants

1. What are the names and relationships of everyone in your Cusco home?
2. What are the ages of the kids and the occupations of the parents?
3. How many rooms are in the house? Are any rooms reserved for a special function?
4. What does (did) your family take pride in showing you or sharing with you?
5. How do they address each other?
 - a. Señor to señora
 - b. Señora to señor
 - c. Children to parents
 - d. Parents to children
 - e. Children to Children
6. What table manners are demonstrated?
7. How did you help the family during the week (in the kitchen, making beds, etc.)?
8. How did the family help you to adjust to this new living situation?
9. What TV shows does the family watch?
10. Ask each family member what each likes to do for fun and relaxation. Keep a log/journal of your meals, your activities, your routines, etc.