



ACADEMIC
STUDIES ABROAD

Cusco, Peru – Site Specific Guide

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PRE-DEPARTURE

Important Phone Numbers

**** PROGRAM THE EMERGENCY NUMBERS BELOW INTO YOUR CELL PHONE ****

<p><u>ASA Office in Boston, MA</u> Academic Studies Abroad 72 River Park Street Suite 104 Needham, MA 02494 Telephone: 617-327-9388 24-hour Emergency Cell: 413-221-4559 Fax: 617-327-9390 E-mail: info@academicstudies.com</p> <p>Lee Frankel, Director lee@academicstudies.com</p> <p>Chelsea Kaloupek, Assistant Director chelsea@academicstudies.com</p> <p><u>Universidad de San Ignacio de Loyola (USIL)</u> C/ Pampa del Castillo 405 Cusco Tel: +51 84 222 211 international@usil.edu.pe</p> <p><u>U.S. Consulate in Cusco</u> Avenida El Sol 449 Office #201 Cusco Tel: +51 84 231 474 Email: CuscoACS@state.gov Website: https://pe.usembassy.gov/embassy/lima/consular-agency-cusco/</p>	<p><u>ASA Site Director in Cusco</u> --Mila Montufar</p> <p>► Cell Phone (Save THIS number in your Phone Contacts): +51 984 629 664</p> <p>If you save Mila's number exactly as above and have the app Whatsapp, you can text/call her for free if your phone is connected to WiFi or data.</p> <p>If direct dialing: 011 51 984 629 664 (from the U.S.) / 984 629 664 (in Peru)</p> <p>Mila's email: miramopa@hotmail.es Mila's office address: Urbanizacion Kennedy B, H-19, Wanchaq-Cusco</p> <p><u>USIL Contacts</u> --Ana Maria Enciso, Director of USIL Cusco Email: aenciso@usil.edu.pe Tel: +51 84 601 375 / +51 84 222 211 / +51 1 317 1000 Ext. 3962 --Abdi Ruelas Carazas, Academic Coordinator of USIL Cusco Email: aruelas@usil.edu.pe Tel: +51 84 222 211 / +51 1 317 1000 Ext. 3964</p> <p><u>Police/Fire/Ambulance</u> Police: 105 Ambulance: 117 Fire: 116</p>
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****For international dialing instructions, see the next page****

In an emergency, please contact one of the On-Site Contacts listed above OR the ASA office *immediately*. It is of utmost importance that you notify us of any problems, issues, or concerns that you encounter while you're abroad.

International Dialing Instructions

011 = INTERNATIONAL DIALING CODE 51 = COUNTRY CODE (PERU)

--To call a Peruvian landline from a U.S. number, dial 011-51 + AREA CODE + PHONE NUMBER. (1 is the area code for Lima. 84 is the area code for Cusco.)

--To call a Peruvian cell phone from a U.S. number, dial 011-51+PHONE NUMBER. (Mobile numbers in Peru always start with 9 and are 9 digits.)

--To call a Peruvian landline from a Peruvian landline: For local calls within a city in Peru, you do not need to dial the area code (1 for Lima, 84 for Cusco); dial only the phone number. To make a long-distance call within Peru (from one city to another), dial 0 + area code + telephone number.

--To call a Peruvian landline from a Peruvian cell phone, dial 0 + area code + telephone number.

--To call a Peruvian cell phone from a Peruvian landline or from another Peruvian cell phone, dial the 9-digit phone number. (Mobile numbers in Peru always start with 9 and are 9 digits.)

--To call a U.S. number (mobile or landline) from a Peruvian phone number, dial 001 + area code and phone number.

Passports & Visas

All students must have a passport that is valid for at least 6 months beyond the day you plan to return to the U.S.

Upon your first arrival in Peru, you will have to pass through the Peruvian Immigration checkpoint, where you get your passport stamped to document your entry into the country. The stamp you will get is your Tourist Permit. **Peruvian Immigration has the right to stamp passports with tourist permits at their own discretion for stays of 30, 90, or 180 days.**

The ideal situation is you are given a stamp for the full duration of your program, but this is not guaranteed. (Semester students → ideally 180 days. Summer students → ideally 60 days.) Since tourist stamps are given *at the whim of the Immigration officer*, it is not automatic, as an example, for semester students to get a 180-day stamp.

To encourage the Immigration Officer to give you the ideal stamp, USIL will provide a special letter for you to show the Immigration Officer, written in Spanish, stating that you are staying for ___ months and requesting that they give you a stamp for ___ days. ASA will EMAIL you this letter shortly before departure.

Although this letter is not a guarantee that you will get the correct stamp, it may help.

Very important! You will need to show this letter to Immigration AT YOUR FIRST ENTRY TO PERU AND BEFORE YOU HAND OVER YOUR PASSPORT.

► *For complete details on visa procedures for Peru, please [CLICK HERE](#).*

Student ID Card

All students must bring their U.S. university/college Student ID card. You will need it to participate in certain program-sponsored excursions and activities.

Driver's License

All students should bring their driver's license to serve as identification in addition to your passport. Students have reported that they do get carded at bars/clubs. Since we don't recommend carrying your passport everywhere with you (you definitely don't want this to get stolen!), we recommend that you bring your driver's license so you can carry that with you at all times as ID. In addition, always carry a photocopy of your passport in your wallet at all times.

What to do if you lose your passport:

Contact the local police, the U.S. Embassy/Consulate, and the ASA on-site staff immediately. Having a photocopy of your passport on hand will make it MUCH easier to have it replaced.

U.S. Consulate in Cusco: <https://pe.usembassy.gov/embassy/lima/consular-agency-cusco/>

Budgeting for Your Trip

The currency of Peru is the Nuevo Sol. (Plural: Soles) The exchange rate fluctuates all the time, so go to <http://www.XE.com> for the current rate.

The following list of costs will give you an idea of what things cost (shown in U.S. dollars):

Taxis: \$1.00-\$2.00

Taxi from the airport to downtown Cusco: \$4.00-\$5.00

A set meal/menú in a restaurant: \$5.00

One beer in a nightclub: \$2.00

Cappuccino in a trendy café/bar: \$1.25

Laundry service: \$1.00 per kilo

One hour of internet in a cyber café: less than \$ 0.50

How much money should I bring?

Recommended amount: **US\$100-200** PER WEEK OF YOUR STAY

Please note that these are general guidelines based on what past students have reported spending. Some students spend less and others more. The above figures do not allow for traveling every weekend, eating out a lot, or shopping every day.

What expenses should I budget for?

*** Housing, medical insurance, and all other ASA services are not included during the break between semesters or terms.*

**Accounted for in weekly money recommendation above.*

1. Round-trip airfare

Your round-trip airfare is not included with the price of the ASA program.

2. Books and materials for your classes (\$350 per semester / \$140 per summer session)

3. Local transportation (\$160 per semester / \$50 per summer session)

Local transportation includes getting around town, getting to and from class, getting to and from where your group is meeting to depart for an excursion, etc.

4. Phone calls and text messages* (\$250 per semester / \$50 per summer session)

You can save money on phone calls by using Skype (www.skype.com).

5. Spending money / Personal expenses*

Entertainment, shopping, souvenirs, dining out, travel, haircuts, toothpaste, etc. This is accounted for in our weekly money recommendation (see previous page).

6. Meals on excursions*

7. Transportation back to the airport at the end of the program (Budget \$10)

ARRIVAL

Airport Pick-up

Please refer to [this page on ASA's website](#) to be sure you book your flight to arrive within the right window to be picked up at the airport.

IMPORTANT: After landing but before going to your connecting flight, check to see if you have to pick up your luggage. Although the airline may have told you that it will be automatically sent to Cuzco, it may not be.

If you are arriving at Cusco airport during our airport pick-up window, you will be met at the airport by Ms. Mila Montufar, ASA's Site Director in Cusco. **After you get your luggage, look around for Mila – she will be holding an ASA sign. If you don't see her inside, look outside as well.** If you can't find Mila, DO NOT take a taxi on your own!! Please wait a few minutes, and if you still can't find her, contact Mila directly using the contact information on your Last-Minute Checklist.

Unlicensed Taxis – Please read!

If you are approached in the airport by taxi drivers offering you a ride, simply say “NO GRACIAS.” These are unlicensed taxi drivers and you should not use them – instead if you ever need a taxi from the airport, go to one of the formal taxi stands inside the airport, or always go through a licensed taxi service.

If my flight is delayed, will you still pick me up at the airport?

If you will not be arriving as scheduled, it is YOUR responsibility to notify the emergency contact person indicated on your **Last-Minute Checklist**. They will let you know if you will still be picked up at the airport. We will make every effort to pick you up.

Your First Day in Cusco

ON YOUR FIRST DAY IN CUSCO: Resting at least the first morning of your first day in Cusco is highly recommended so that you can adjust to the altitude! Cusco is located at 11,300 feet above sea level (3,400 meters). Altitude sickness (called *soroche*) includes dizziness, shortness of breath, headaches and exhaustion. You may feel dizzy or sick if you start walking all around the city on the first day. Some students never feel dizzy or sick, but it's best to play it safe by resting your first day. A trip to the medical clinic is not a good way to start your trip! It usually goes away in a day or two. At USIL housing or your homestay, try drinking herbal coca tea, which may be helpful in preventing altitude sickness.

One medicine that seems to relieve symptoms is Diamox. Once here, glucose also helps (i.e. candy). The best thing to do is rest for the first day; eat lightly, avoid alcohol and drink plenty of herbal coca tea.

Delayed Luggage

If you go to the baggage claim and find your bags don't appear, you will need to file a claim at your airline's lost luggage counter *before you leave the baggage claim area*. DO NOT exit the baggage claim area until you have filed your claim, because they will not let you back in for security reasons.

TAKE THE ADDRESS OF YOUR LOCAL HOUSING WITH YOU so that you'll be able to tell the airline where to send your luggage. (The address of your local housing will be emailed to you shortly before departure. Save it to your phone's Notes.)

ACADEMICS

The main campus of [USIL \(Universidad San Ignacio de Loyola\)](#) is located in Peru's capital, Lima. The [USIL International Center in Cusco](#) was created as an extension school of the USIL main campus, to offer classes for international students in the most important city of Peru: Cusco.

The USIL International Center is conveniently located in downtown Cusco, one block from the Main or Central Square of Cusco (Plaza de Armas) and the Cathedral, where all the main activities take place and where all the tourists and students get together. The International Center is half a block from the temple of Koricancha and behind the main avenue of Cusco: El Sol Avenue.

INFOSIL

Infosil is the academic system designed by USIL in order to have an electronic academic system for professors and students. They will both be able to see attendance, absences, curricula, courses, schedules, grades, assignments, emails, the library system, etc. Every professor and student will have a user's name and password in order to have full access through USIL web site at: www.usil.edu.pe or <https://infosil.sil.edu.pe/>. There's an English friendly version for international students. This system works for all the programs in Lima and Cusco.

The USIL International Center facilities are the following:

- Fully equipped classrooms with WiFi
- Fully equipped computer and language lab with WiFi
- Fully equipped conference room
- Library
- Student lounge
- Emergency area
- Main patio

Helpful Websites:

USIL: www.usil.edu.pe

USIL International Programs: <http://international.usil.edu.pe/>

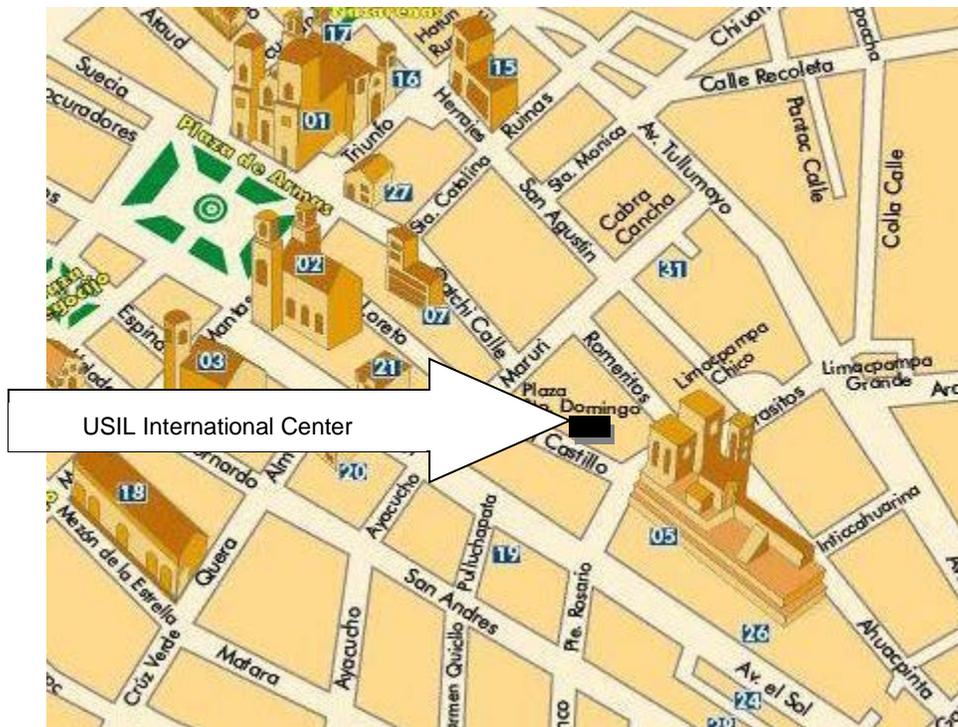
USIL International Facebook page: www.facebook.com/usilinternational.peru

USIL Cusco Facebook page: www.facebook.com/International.CUSCO/

Culinary Arts School: www.usil.edu.pe/chefs/

USIL Postgraduate School: www.epg.usil.edu.pe/

Casa Don Ignacio Residence Hall: www.casadedonignacio.com



How to Get to the School

From the Main Square, just walk along Loreto Street (it's an alley next to La Compañía Church) for a block, and you will find Pampa del Castillo Street. The Center is halfway down the block, number 405.

From the USIL student residence (Casa de Don Ignacio), just walk down Pardo Avenue to the corner of Garcilazo Avenue and turn right. Go down Garcilazo one block and turn left on El Sol Avenue. Then walk one block and turn right on the temple of Koricancha and continue one block to the corner of Pampa del Castillo. Turn left at Pampa del Castillo and you will find the school is in the middle of the block.

Address: Calle Pampa del Castillo 405

Telephone: (+51) 84 222 211

Email: international@usil.edu.pe

ACADEMIC REGULATIONS

The student body of USIL's main campus in Lima numbers around 10,000 students, while in Cusco the student body is much smaller. Students in both Lima and Cusco are all subject to certain rules and should be aware of their rights and responsibilities. The USIL International Office will send the USIL Academic Regulation booklet to your email address or to you directly; you may also download it from the Infosil system. There is an English version for international students.

You can always talk to faculty members and the USIL academic staff for further information as to which regulations apply only to Lima students or Cusco students, as well as which ones

are applicable to local or international students. **If an academic issue arises** regarding exams, teaching method, attendance, or any other related topic, **try to discuss it with your instructor first**. Always keep in mind that part of your experience abroad is to be open to different educational systems. Some students may not be used to attendance requirements or the evaluation system.

The most appropriate way of dealing with academic issues is to discuss them with your instructor, course or program coordinator, dean (if applicable) or the USIL academic coordinator. You can also ask the International Office for guidance at any time.

In the academic regulations booklet, you will find information about registration, admissions, attendance, course withdrawal, and other procedures designed for certain USIL programs.

REGISTRATION FOR COURSES

Students must pre-register for classes in advance through the USIL International Office – ASA assists you with this process before departure once you complete our Course Pre-registration Form. **Students wishing to change or add courses should send an email to USIL International only during the first week of classes. Students can withdraw only from one course through USIL International or Infosil.**

TUTORING

Tutoring may be requested by any student by filling out a form provided by the USIL Academic Office, explaining the reasons and the topic to be covered. The session will be provided by the instructor according to his/her availability. Tutoring is free. Please check if the course is available for tutoring.

INSTRUCTORS AND COORDINATORS

Students may always request for information from instructors and coordinators directly. Coordinators are in charge of academic and activity calendars, course and instructors' schedules, social responsibility activities, etc.

VOLUNTEER OPPORTUNITIES

Volunteer activities are available. Students will receive their volunteer activity calendars and schedules on orientation day.

GRADING

The grading system in Peru is from zero (0) to twenty (20). A grade from eleven (11) to twenty (20) is a passing grade, while a grade from zero (0) to ten (10) is a failing grade. In order to gain a better understanding of this system, please see the following chart:

Numerical grade	Letter Grade	Grade Points	Explanation
19 – 20	A	4.0	Excellent
18	A-	3.7	
17	B+	3.3	
16	B	3.0	Good
15	B-	2.7	

14	C+	2.3	
13	C	2.0	Fair
12	C-	1.7	
11	D	1.0	Low, but passing
10 or less	F	0.0	Failing

Your grade will be based on:

- Continuous assessment (evaluations, exams, quizzes, written work, research, projects, and presentations)
- Participation in class (homework, reports, oral participation, and attitude in class)
- Mid-term exam
- Final exam

In Peru, evaluation (grading) is an important part of the learning process. At USIL, courses are content-based and competency-based. **If you miss an evaluation, exam, quiz, test, mid-term exam, or final exam, you will not be allowed to make it up.** However, if you miss an exam due to any health issue, please talk to your instructor or academic coordinator. **The instructor cannot reschedule a make-up exam for a student who has made a trip for the purpose of tourism. Please ask your instructor about the procedures followed when a student misses an evaluation.**

ATTENDANCE AND TARDINESS

Attendance and punctuality are important issues for a good understanding of each course and show how committed students are to the course. **For content-based courses, absences may not exceed thirty per cent (30%) and language courses such Spanish have a limit of twenty percent (20%). Instructors are to consider a student late after the first 10 minutes of class.**

Please keep in mind that you are in a different country and that the education system may be completely different. **In Peru, attendance is required and considered an important issue.** Part of your exchange experience is to be open to new cultures and also to different education systems.

Academic Calendar

Please note: Calendar is subject to change. Excursion dates and locations will be announced shortly after arrival. **All Orientation meetings are mandatory.**

At the following link, you can see the general Academic Calendar for your program:

<https://www.academicstudies.com/cuzco-peru-program-calendars/>

EVERYDAY LIFE

Few places on earth of comparative size have as rich a natural heritage as Peru. Peru conjures up images of mysterious ancient civilizations, awe-inspiring Inca Cities, spectacular Andean scenery, biodiversity, and colorful woven textiles. There is much more to it than this.

New archaeological treasures are unearthed each day, reflecting many of the oldest and most cultured civilizations that existed long before the Romans. Ancient Peruvians could fuse metals in a plating process; they tamed the llama, domesticated the potato, and irrigated cultivated crops. And, as will be quite clear to you on this trip, they were tremendous builders.

Cusco is a friendly city, and culture and history are all around. Its architecture has maintained its Inca and Spanish style. You will notice that even streets and houses still have original Inca stones. The population is around 400,000 and the size of the city allows everyone to walk wherever they want to go. International students will feel comfortable in a city used to visitors from all over the world, and you will find that Cusco is very cosmopolitan but at the same time proud of its history and Peruvian culture. It was declared a UNESCO World Heritage Site in 1983.

Climate and Weather

Being so close to the equator, Cusco has only two seasons: a dry season (May to October) and a rainy season (November to April). To confuse this even further, as Peru is in the Southern Hemisphere, the dry season corresponds to winter and the rainy season is summer.

Besides this, altitude is the main factor that controls the climate. In the mountains, you'll encounter warm, sunny days with daytime temperatures ranging between 65 and 75 degrees. Yet, if the sun slips behind a cloud or if you cross to the shaded side of the street, it can feel very cold indeed. This obviously also goes for nighttime, when temperatures can drop below freezing in the dry season.

Altitude Sickness

Resting at least the first morning of your first day in Cusco is highly recommended so that you can adjust to the altitude! Cusco is located at 11,300 feet above sea level (3,400 meters). Altitude sickness (called *soroche*) includes dizziness, shortness of breath, headaches and exhaustion. **You may feel dizzy or sick if you start walking all around the city on the first day.** Some students never feel dizzy or sick, but it's best to play it safe by resting your first day. A trip to the medical clinic is not a good way to start your trip! It usually goes away in a day or two. At USIL housing or your homestay, try drinking herbal coca tea, which may be helpful in preventing altitude sickness.

One medicine that seems to relieve symptoms is Diamox. Once here, glucose also helps (i.e. candy). The best thing to do is rest for the first day; eat lightly, avoid alcohol and drink plenty of herbal coca tea.

Sunburn

You will be especially susceptible to sunburn at this high altitude because the ultraviolet rays are extremely powerful. Be sure to protect yourself by wearing long sleeves, a hat, sunglasses and sunscreen with HIGH SPF. If you do not, you are likely to burn – and you will **not** tan! The air is also excessively arid at this high altitude so you may find that your skin is drier; bring a moisturizer and lip balm.

Health Tips

Prior to arrival, consult your physician about how altitude may affect your physical condition. The illnesses that you are most likely to get in Cusco are colds and upset stomachs. Bring vitamins and do not eat anything in the street, never mind how appetizing it looks. When traveling, you should only buy fruit you can peel, bottled water, and packaged food. No vaccinations are required to travel to Cusco or Lima, but if you plan to travel into the jungle you may want to consider some precautionary vaccinations. Please visit the CDC website for details on this:

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

Safety Tips for Cusco

Generally speaking, Peruvian cities are no more dangerous than US cities. However, “gringos” (and “gringas”) are often seen as easy prey for pickpockets and con artists. Petty crime is a problem at certain hours and in certain places in Cusco and Lima. Do not carry large amounts of cash or wear flashy jewelry. Avoid being out alone at night. Keep your passport and your return ticket in your hotel safe or locked in your suitcase. Carry your backpack in the front rather than in the back. It looks silly, but you’ll see that everyone does it because it is much easier to keep your stuff away from petty thieves and bag-slashers.

If you take those simple precautions, chances are your trip will not be marred by any unpleasant experience of that kind.

Clothing Tips and Equipment

Keep in mind that “casual” does not quite have the same meaning in Peru as it does in the US. **Peru is a fairly conservative, traditional South American country. Please plan to dress conservatively.**

In addition to the general packing list provided, school officials have provided the following recommendations on what to pack specifically for Cusco. Be sure to refer to this list AND the general packing list in the [Pre-Departure Guide for All Programs](#)

- Slacks, long-sleeved shirts, jeans, shorts. Packing a dress or skirt might also be a good idea for women.
- T-shirts, sweatshirts.
- A sweater, but don't worry if you forget this: Cusco is the place to buy great alpaca sweaters at very good prices.
- A warm jacket and/or fleece.
- A pair of gloves, a scarf and wool knitted hat (for cold nights), although you can also buy these in Cusco too.
- Good walking shoes/hiking boots and socks
- Teva-type sandals
- Sneakers
- A hat or a cap to protect you from the sun
- Sunglasses, sunscreen (at least 30 SPF! Higher SPF is better!), moisturizer, lip balm, mosquito repellent (for the jungle and for Machu Picchu)
- Pocket dictionary; e-mail addresses; a guidebook; novels;
- Bring a camera. Even if you are not an avid photographer, you will see scenery and street spectacles that you won't want to miss. The light is nearly always fantastic, so your shots are guaranteed to impress the folks back home. You can buy almost any kind of film and batteries in Cusco.

Local Transportation

There are buses and taxis throughout the city, so you will have no problem finding transportation. In Peru taxis don't have meters, so you have to negotiate the fare before you get in. In Cusco a taxi should cost no more than \$2 anywhere in the city center.

HOUSING

Host Families

Homestay housing includes 3 meals a day. Homestays are located as close to school as possible, in safe areas of the city. All of the host families are carefully screened by our on-site staff. Living in a Peruvian home is considered the best form of housing because it provides an immediate introduction to life in Peru. Students find that speaking Spanish in their homestay is the single greatest factor in increasing their facility with the language.

Living arrangements and the composition of host families vary. The term “host family” should not be interpreted too narrowly. Not all host families will be the traditional nuclear family of mother, father, children.

Students will receive their host family assignment by email, about 2 weeks prior to departure. If you have any concerns about your living arrangements after you arrive, please don't hesitate to bring it to our attention. Many times a concern can be a cultural misunderstanding or a communication problem that is easily resolved. If, for any reason, we are unable to settle an issue between a host family and a student, we will move the student to a new family as soon as possible. The well-being of our students is always our highest priority!

La Casa Don Ignacio (Residence Hall/Dorm)

The [La Casa Don Ignacio](#) is a Boutique Teaching Hotel of the USIL Department of Hospitality Management and Tourism. So, it is both a hotel that hosts tourists and temporary guests, as well as an alternative housing option (like a residence hall) for some of the students who study abroad at USIL.

Meals are not included with housing at Casa de Don Ignacio.

La Casa de Don Ignacio is divided into “apartments,” each typically housing 2-4 students with a shared bathroom, living room, cable TV, refrigerator and a small kitchen. **Rooms may be shared. Your roommate(s)** may be students from the U.S. or from other parts of the world. While you are living there, please remember to be respectful of fellow guests.

La Casa de Don Ignacio is STRICTLY NON-SMOKING.

La Casa Don Ignacio is strategically located 5 minutes from the airport, and 5 minutes by taxi or 10 minutes on foot from the Main Square, Cathedral or USIL International Center. There is a clinic next door, and shops, restaurants, ATM's, banks, handicraft stores, and more nearby.

How to get to La Casa de Don Ignacio

If you are at the Main Square (in front of the Cathedral), go to corner of the square where El Sol Avenue starts. Then, just walk three blocks down El Sol Avenue to Garcilazo Avenue (on El Sol Ave., you will pass the Court House, banks, the Koricancha temple, the Immigration Office, and the post office). Turn right on Garcilazo Avenue (the post office is on this corner) and walk one block to Pardo Ave. and turn left. Casa Don Ignacio is halfway down the block. If you take a taxi from the airport, the fare could be between US\$ 4 to US\$ 5, do not pay more!!!

Address: Avenida Pardo 954 - Cusco
Tel: (+51) 84 225 141

Website: www.casadedonignacio.com

STAYING IN TOUCH

Time Difference

What is the time difference between Peru and where my parents live?

Pacific	Central	Eastern
- 2 hours	Equal	+1 hour

So, if it is 6pm in Peru, then it is 7 pm Eastern, 6pm Central, and 4pm Pacific.

- ▶ For advice about cell phones,
SEE [PRE-DEPARTURE GUIDE FOR ALL PROGRAMS](#)

Computers & Internet

Should I bring my laptop?

YES. Your program housing will have Internet and the university has WiFi, and you will need your computer for classes as well.

- ▶ For information about using a plug adapter with your laptop,
SEE [PRE-DEPARTURE GUIDE FOR ALL PROGRAMS](#)