

Student Handbook

**Spanish Studies in
Peru
Fall 2019**



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INTRODUCTION

This handbook is designed to prepare you for your semester in Peru and answer your questions about studying abroad. We hope that it will help you get ready to make your study in Peru an unforgettable learning experience.

Your time in Peru will be busy, and your life will be full of new experiences and sensations. However, living and studying in Peru won't always be easy. You will struggle with Spanish and with unfamiliar customs and cultures, and at times you will feel uncomfortable living outside your own country. But we guarantee that through all of these experiences, both the exciting and the uncomfortable, you will experience life in a way you never have before, make friendships that cross cultural and national borders, improve greatly your fluency in Spanish, and leave Peru a wiser, more perceptive person than when you arrived.

Take time to prepare yourself for this program--read up on Peru, practice your Spanish, and most of all reflect on your own willingness to be open and adaptable to the differences and adventures you will encounter in this study abroad experience.

BEFORE YOU LEAVE FOR PERU

A semester in Peru is hard to imagine. Will it be all you hope for or a frustrating disappointment? Are you prepared academically, socially, and emotionally for the challenge of living in another culture? It's natural to be both eager for the adventure and at the same time apprehensive about your ability to handle living in a new and different culture. So it makes sense to spend some time reflecting on how you can make your semester the best and most rewarding experience.

Most students who participate in a study abroad program say that it was the most important experience of their lives. Never before have they felt such a variety of sensations, survived so much pressure, met such different people, and learned so much about themselves. They are eager to return abroad.

But participants never describe the semester as pure excitement and fun. They also describe it as strenuous, difficult, and uncomfortable. The greatest achievement of the semester is often described as learning to cope, to function as a resident and not as a tourist, and to endure the uncomfortable for the sake of enjoying the enriching experiences of living abroad.

The students who get the most out of their time in Peru are those who come with a realistic understanding of themselves and their own culture. All students find aspects of Peruvian culture that they don't like. But the most successful students are able to understand that their likes and dislikes are mostly based on what they are used to, with the understanding that they can handle the differences without getting frustrated and wanting to change things.

Some Suggestions for Mentally Preparing for Peru

1. Make a list of concrete goals and objectives. What do you want to achieve in your academic courses, your friendships, and your personal and spiritual development?
2. Consider what help or cooperation from others you will need in order to achieve these goals. Who will be your support group in the U.S.? In Peru, are you expecting others to be just like you with similar goals,

habits, and attitudes? How tolerant are you of differences? How ready are you to adapt?

3. Read about Peru and South America. Research them on line, find books in your library or bookstore about their geography, history, and culture. You might want to consider buying a travel guide for South America; we recommend *The Lonely Planet* series. If you want to read about current events and activities in Peru, you can access local newspapers on the Internet:

El Pueblo:
<http://www.elpueblo.com.pe/>

Diario Correo:
<http://diariocorreo.pe/>
(select Arequipa for local news)

El Comercio:
<http://elcomercio.pe/>

4. Prepare to speak Spanish at all times, with your teachers, families, and fellow Calvin students, in addition to your Peruvian friends. It is extremely important to set patterns of interaction from the beginning.

5. Talk to your family and friends before you leave about how much contact you want to have with them while you are in Peru.

Finally, remember that while there is much that separates the North American and Peruvian cultures, there is also much that brings them together. Your own willingness to take the plunge, to attempt the semester abroad, is an indication of your openness to living in an unfamiliar culture. Your careful preparation and effort to anticipate problems is important. Patience, endurance, common courtesy, and goodwill can make the

coming semester a positive and unforgettable experience.

PLANNING YOUR BUDGET

The cost of the program includes:

- Off-Campus Programs administrative fee
- Round trip transportation Grand Rapids-Arequipa-Grand Rapids, including airport taxes (one suitcase)
- Room and board
- A modest allowance for transportation to and from classes and/or bottled water
- Tuition for both Calvin and San Pablo courses
- Program excursions
- Evacuation and supplementary insurance

Expenses you are expected to cover:

- Passport, if you do not already have one
- Some textbooks (available in Calvin bookstore before end of spring semester, or available for purchase in Arequipa); some textbooks will be provided to you free of charge
- Supplemental health insurance for overseas coverage (if your health insurance doesn't already include this) and personal medical expenses
- Local transportation in excess of allowance
- Recreation and dining out
- Personal trips on weekends and souvenirs
- Vaccinations (frequently covered by your health insurance)

It is hard to say how much money you should bring for these expenses since everyone spends money at a different rate. We can tell you that a cab ride within city limits averages between \$1.50 and \$3.00 (a little more at night), bus fares across town cost around 30 cents, and a bus ride to the coast costs about \$10 (depending on the transportation company chosen). A 2.5 liter bot-

tle of water could cost you about \$1.00. Try to bring enough money to allow you to enjoy the country and to bring home a few souvenirs. \$100-200 a month should be plenty. You will want to take some U.S. dollars (not large bills) with you to use in the airports; you can access Peruvian *soles* from the ATM or the money exchange at the Lima airport. (There is no need to get your North American currency changed to *soles* before reaching Peru, and you might want to save a few dollars for use in U.S. airports on the way home in December.) You may take more cash with you to Peru, but that is a security risk.

Once in Arequipa the easiest way to get cash will be at the ATM. There is one on campus at the Universidad San Pablo and others downtown or at shopping centers. Since there is a fee for ATM use abroad no matter the size of the withdrawal, you should avoid taking out small amounts of money, though you should also be careful about carrying large amounts of money around town. Larger stores will take credit cards, while smaller ones and market stands prefer cash. **If you decide to take a credit card, notify the credit card company before you leave that you will be using your card outside the U.S.** Visa and MasterCard are readily accepted; Discover and American Express are not.

Another option is to take along (in a money belt) the amount of money you plan to spend in Peru and gradually exchange it for *soles* at small money exchange stands located around the city (called *Cambios*).

Financial Aid

Students receiving financial aid on campus are eligible for the same aid for their off-campus program in Peru. There are also a handful of scholarships availa-

ble for off-campus study. For additional information, please contact Paula Elenbaas (pke2@calvin.edu) in the Financial Aid Office.

GETTING READY TO GO

Planning During Advising Days

Be sure that your Spanish advisor has approved all Spanish courses for Peru. Also remember that for any courses to count in a program other than Spanish, they must be pre-approved by the advisor for that program.

Also make sure you and your advisor(s) discuss your class choices for interim and spring 2020. A number of students have found out the hard way how difficult it is to have these discussions long distance; you will save yourself a lot of hassle and frustration by planning your classes in advance with your advisor before you leave.

Passports

US citizens: If you need to renew or apply for a passport, do so **immediately**. You can find detailed instructions at <https://travel.state.gov/content/travel/en/passports/apply-renew-passport.html> .

Please be aware that a valid passport for entry into Peru requires an expiration date at least six months past your return date. So if your passport expires before June 15, 2020, renew it now. (Also you must renew if your previous U.S. passport was issued when you were under age 16)

Please note the following:

—For passport photos, Calvin's Audio Visual Department in lower Hiemenga Hall gives a very good price of

\$7.00 and knows the exact specifications.

—Do NOT sign your application prior to submitting it at the post office, since the postal employee must witness your signature.

—When you receive your passport, sign it on the page opposite your photo, thereby making it valid.

—Remember that you will need to upload an electronic copy of your passport as part of Calvin's online Horizons application system, as part of the Post Acceptance process (see instructions that will be sent via email).

—If you are a citizen of a different country, ask the directors or the Off-Campus Programs Office for special assistance., especially since you may need a visa before entering Peru.

Before leaving home, make 3 hard copies of your passport (with photo) and distribute them in the following way:

- 1) Leave one copy at home with your parents.
- 2) Give one copy to Professor Bierling at the time we leave for Peru
- 3) Pack one copy in your luggage, separate from your passport.

Another good idea is to scan your passport and email it to yourself as an attachment. Then you can access a copy of your passport wherever you have email.

Health Concerns

Before departure you must have the immunizations that are specifically required by Calvin's Health Department for the Peru program: Hepatitis A, influenza, and typhoid. These immunizations are required in addition to the immunizations you needed at the time you entered Calvin. Immunizations should be billed to your health insurance plan. Calvin's Health Department will be in

touch with each student individually to guide them through this process.

A further recommended immunization is a tetanus booster. In addition, if you plan to travel independently to tropical areas in Peru, you will need a yellow fever vaccination and malaria pills. (These may also be available in Arequipa, but currently there is a world-wide shortage of yellow fever vaccine.)

If you wear contact lenses or glasses, bring an extra pair along, or at least a copy of your prescription. If your contact solution is expensive, bring along a good supply because you may find it more expensive, or harder to obtain, in Arequipa.

Bring along a **4-month supply** of any prescription medication you are taking, including allergy medication if you have allergies. (You may need special permission from your insurance company to get a 4-month supply.) Keep all medication in original containers. You should also **bring a copy of your prescription** written in generic terms, in case you should lose your medication and have to purchase a replacement in Peru. Do not have people mail you medications from back home, since they **will** not be allowed through customs.

Please inform Professor Bierling of any changes in the health information you submitted with your online application for the program.

Medical Insurance

All students are required to carry a basic plan of personal insurance during the semester abroad. Check your insurance policy to make sure it covers your stay in a foreign country, and for how long. You may be

covered under your parents' plan. Be sure you know the regulations of your insurance coverage regarding prior approval or reimbursement for care. If your policy doesn't cover you in a foreign country, check with the Off-Campus Programs Office about policies that do provide this coverage and can be purchased on a short-term basis.

In addition to the information you turned in with your online application, carry your own copy of important insurance information (including your insurance card or a copy of it, with contact numbers) in case of a medical emergency when you are traveling on your own. You are normally expected to pay your medical expenses in full at the time of service. This can usually be done via credit card. Upon return to the United States, you can apply to your insurance company for reimbursement, provided you have receipts and an official statement with your diagnosis—be sure to get them! However, if paying immediately is a hardship, please talk to your program director. Calvin can assist in covering the cost of medical bills and then bill the student's miscellaneous account while insurance reimbursements are being calculated.

The cost of the Peru program includes a supplemental plan for health insurance and for medical and political evacuation.

For students involved in an ethnographic study or in some volunteer work, it will be important for you to carry along a photocopy of your insurance plan, in case proof of insurance is required at your work site.

If you have a medical condition that should be known when receiving medical attention, wear a med-alert necklace or bracelet.

PACKING

The Essentials

1. Spanish or bilingual Bible
2. Laptop computer
3. Flash drive (necessary for printing)
4. Passport on your person, plus a photocopy of the page with your photo packed separately (additional copies with your parents and Prof. Bierling)
5. Airline itineraries
6. Copy of insurance information
7. U.S. cash
8. ATM credit/debit card(s) (numbers and contact info in separate place; also email them to yourself)
9. Under-clothing money belt or pouch
10. Pictures of your home and family
11. Phone with charger
12. Small gift for host family
13. Textbooks not already in Peru
14. List of classes for interim and spring 2020
15. Toiletries (including travel sizes), small mirror
16. Contact lens solutions
17. Extra set of contacts/glasses
18. Anti-bacterial non-water soap
19. Prescription medications in original containers (in carry-on bag), with backup prescriptions written in generic terms
20. Small padlocks for luggage (in Peru)
21. Sunglasses
22. Sunblock
23. Medium-sized water bottle
24. Hat
25. Lightweight jacket or sweaters
26. Warm jacket for nighttime and high elevations
27. Comfortable shoes
28. Dress shoes
29. Good walking shoes / tennis shoes
30. Flip flops or soccer slides for the shower

31. Socks, underwear
32. Shirts, pants, one pair sweatpants
33. Nice dress or skirt (women); one dress shirt and tie (men)
34. Warm pajamas or clothes to sleep in
35. Swimsuit
36. Small backpack or messenger bag for school
37. Carry-on bag for plane and for excursions (large backpack, duffle bag, or smaller drawstring bag)
38. Extra change of clothes in your carry-on bag
39. This handbook and other orientation materials
40. First aid items such as nasal decongestant for flight (if you have a cold), Tylenol or extra-strength pain relief products, Pepto Bismol, nasal spray for hydrating nostrils, bandaids, anti-itch cream

Optional Items

1. Travel guidebook
 2. Second alarm clock (with batteries)
 3. Small flashlight with extra bulb, batteries
 4. Swiss army knife and/or small scissors
 5. Warm slippers
 6. Poster putty (for hanging up pictures in your room)
 7. Deck of cards / Frisbee / other games
 8. Hiking boots / Fashion boots
 9. Extra towel, washcloth (or purchase in Peru)
 10. Insect repellent (or purchase in Peru)
 11. Paper, notebooks, journal, pens (also available in Peru)
 12. Gloves or mittens (or purchase in Peru)
 13. Copies of insurance policies, for those involved in ethnographic studies or some volunteer sites
 14. Good camera and extra batteries or battery charger
 15. Electric plug adapter (or if needed, purchase in Peru)
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Dress

Peru is style conscious in a very different way than North America. Because wealth is not something taken for granted, Peruvians, especially in the city, take care to dress neatly. The students at the Universidad Católica San Pablo (UCSP) will be well dressed in styles similar to those worn in North America. Many Peruvians wear jeans, but only ones that are clean and without rips or holes. Their clothes will always be carefully pressed and well cared for. Students do not wear sandals, and neither do they wear shorts to class, only to PE activities. Capris and halter tops are not permitted either. For classes in the UCSP you should take care to dress more as Peruvian students would. Long pants (jeans, khakis, etc.) are fine for both men and women. T-shirts are acceptable if in good condition and words on them are appropriate. See the dress code in Appendix B.

You might consider packing several pairs of jeans and other slacks. Skirts and dresses are worn less frequently than in the U.S. You can include clothes for around the house--in general clothes you don't mind getting stretched out a bit since your clothing will probably air dry after washing. **Please include a dressy outfit** since these are required for class presentations. The weather is uniformly in the 60s and 70s, sunny, and dry, but it will definitely get chilly at night, so you will want sweaters and a jacket. For excursions to the mountains a warm jacket is essential.

Bring enough clothes to last you for ten days to two weeks, since it may take time for your clothes to be washed.

Miscellaneous

Your Peruvian family will provide you with bedding and one towel. If you want to use more than one, you can pack an extra one or purchase one in Peru to save room in your luggage; also bring a washcloth if you use one. The electrical current in Peru is **220 volts** and the cycle is 50 Hz. That means you'd be better off not taking appliances such as hair dryers, irons, etc. If you do take them, check their voltage, as you may need a converter. We recommend doing without or purchasing them in Arequipa.

You should bring along a laptop computer; it will be safe in your house. But you will want to be careful if you take it to and from school, for example, ensuring that you have it secured in a backpack or bag held firmly in front of you, not on your back. Consider insuring the computer for the trip.

Many electric sockets in Peru allow plugs with three prongs, but some allow only two prongs. For this reason you may want to take along an adapter (though you can also purchase one in Arequipa).

A gift for your Peruvian family makes a nice icebreaker --something from your hometown or something decorative to put on a wall or shelf is always a hit. Pictures of your family and your neighborhood will help you get acquainted.

How to Pack

Even though our international flight may allow two checked suitcases without extra charge, our interior flights within Peru will allow only one. So pack only one suitcase if you want to avoid charges for our flights on Peruvian airlines. The total combined height-length-

width measurements of each checked bag may not exceed 62", and it must not weigh more than 50 lbs (23 kgs). Also, you may bring one carry-on bag with maximum dimensions of 22" length x 14" width x 9" height or a total combined measurement of 45" for soft-sided bags, and slightly smaller for hard shell suitcases. You are also allowed a "personal item" (a reasonably-sized purse or a camera or laptop computer) and a jacket and/or sweater. Since regulations can change rapidly, it is a good idea to check the web pages of the airlines before you pack.

It is advisable to pack a change of clothing and some essentials in your carry-on bag in case you and your checked luggage do not arrive together. If you are dependent on medicine, make sure it is in your carry-on bag. Your passport will need to be in an available place. And you should carry any larger sum of money and/or credit card underneath your clothing, in a money belt or pouch.

Put identification on your luggage both inside and out. Make sure your luggage is not locked. The locks will be removed by the airline inspectors. If your suitcase is too full, unpack and sort everything into two piles: essential and nonessential....and think less, not more! Remember that you will want to leave room in your luggage for souvenirs and gifts on the way back. Consider bringing some garments that can be donated at the end of the semester, thus making space on the way back for your Peru purchases.

IN PERU

Living in Arequipa

Most of your semester will be spent in Arequipa, a city with a population of about 900,000. Although the city is divided into various parts, you can often look for the

river Chili or for the volcanoes to orient you, and we hope to provide you with a map of the city during our first week in Arequipa. You will find that you quickly learn the bus routes and, although crowded, the buses will take you anywhere you want to go cheaply for about 30 cents. Taxis are also available and cost much less than in the U.S.

You will no doubt see more poor people than you are accustomed to (for instance, beggars on the sidewalk), which will lead you to feel the tension of living as a rich Christian in a world filled with poverty. It is an experience that forces you to ask hard questions and struggle with their answers. Your Peruvian families will be a good source of information about Arequipa and about Peruvians in general. They will be eager to show you around, and you will find you get a different perspective of the city when seeing it through their eyes.

Studying at the Universidad Católica San Pablo

You will be studying at the Universidad Católica San Pablo (UCSP), a private university near the river with 7000 students and eight undergrad professional programs. It is a convenient place to study, near the main bus routes, not far from a large shopping mall and within walking distance of the Plaza de Armas, as the main plaza downtown is usually called in Peru. Most of you will be living in neighborhoods that are either within walking distance of the university or near a bus route.

The Peruvian students at the UCSP are friendly and many would enjoy developing friendships with students from North America. There will also be exchange students from other Spanish-speaking countries. You will find that you need to look for opportunities to get to know them. We will assist you in finding conversation partners and becoming involved in the many and varied

events at the university, but much will depend on your own openness, initiative, and willingness to speak Spanish. If you choose to spend most of your free time speaking English with fellow Calvin students, you will give Peruvians the impression that you are not interested in meeting them.

Safety

One of your concerns, especially as you learn your way around the city, is bound to be safety. Communicating in another language coupled with your unfamiliarity with your surroundings will probably make you feel more vulnerable than you would at home.

Arequipa is not an especially dangerous city, but it is important to realize that it is not helpful to compare safety in Peru to safety in North America. Both have their dangerous areas and situations, and what is important is knowing how to recognize those areas and avoid putting yourself in risky situations.

Part of our orientation to the UCSP and to Arequipa will be presentations and discussions on safety. You will learn how to avoid pickpockets and how to identify parts of the city that you should avoid at night or when you are alone, as well as which taxis to take when needed. We are concerned with your safety and will take all reasonable precautions to make sure you stay out of harm's way. Remember that your host family is also eager to help keep you safe.

We ask students to reduce risk by not wearing nice watches and jewelry while on buses or downtown and recommend that they carry only the cash they need. Officials at the UCSP have stressed the importance of taking only university-recommended taxis. See also Appendix A, "Keeping Safe Off Campus."

Communications

Email: The UCSP campus has WiFi, and you may use computers in the university library for a limited period of time for email or research. There is also an Internet room near the main entrance of the university where you can use computers very reasonably or print out class assignments. Host families will have Internet at home as well. But however tempting it may be, please consider the effect of spending several hours a day communicating with people back home, in English, by email or apps such as FaceTime. Not only would you be spending more time using English than Spanish, but you would also be losing valuable time for interacting with Peruvians and their culture--the very reason for which you came to Peru. Talk about this with your family and friends so that they realize that expecting long and frequent messages from you will interfere with your goals for overseas study.

Regular Mail: Letters and manila envelopes normally take a week to ten days between the U.S. and Peru, but unfortunately, not all mail gets through.

Mail can be sent to the following address:

[your name]
Universidad Católica San Pablo
(Programa Calvin University)
Urbanización Campiña Paisajista
Quinta Vivanco s/n, Barrio San Lázaro
Arequipa
PERU

Packages: While small packages (such as a manila folder) usually seem to come through O.K., large packages from the U.S. have often been delayed by months and are very expensive and time-consuming to retrieve

from Customs. Clothing and medicines will probably not even clear Customs. We recommend you tell family and friends to limit the size of any packages and to avoid sending expensive or non-allowed items (see *Tips from Students*).

Time: When Michigan is on daylight savings time, it is one hour ahead of Arequipa. For example, when we arrive in August, if it is 10 a.m. in Arequipa, it is already 11 a.m. in Michigan. Once Michigan goes off daylight savings time in October, there is no difference.

Phones: Your cell phones should work in Peru, and most students communicate by text or with What's App (very common in Peru among Peruvian students, as well as host families). Be sure to check with your phone company about plans for Peru before you leave, and also consider uploading What's App to your phone. Although smart phones are becoming more and more common in Peru and are no longer a rarity, still be careful to guard your phone. (For example, don't carry it in your back pocket!) If your phone is unlocked, you can buy a chip in Arequipa with data.

ACADEMIC PROGRAM

General Information

Spanish 301 (Advanced Grammar and Composition) is a prerequisite for the Spanish Department's study-abroad programs in Honduras, Peru, and Spain for advanced students. All courses are taught in Spanish and can be applied to the Spanish major and minor at Calvin.

We plan to leave for Peru on Friday, August 9, arriving in Arequipa on Saturday, August 10, with orientation at the university on Monday, August 12. On August 13

you begin your direct enroll class in the university, as well as the intensive portion of STPE 315 (Engaging Peruvian Culture). The other Calvin classes (STPE 302, 308, 309, 340, 393) begin two weeks later and run concurrently with your other classes during the rest of the semester. The midterm break is Oct. 9-15, and finals are the first week of December. We plan to spend four nights in Lima before flying back home on December 13.

After the first two weeks in Peru, STPE 315 will meet only once a week; however, we may have a separate time each week for announcements and/or discussion of group activities. The Calvin classes are taught by several Peruvian professors and the Calvin director, with occasional guest lecturers. There will be a short overnight excursion (to the Colca Canyon), two major excursions (to Puno/Lake Titicaca and to Cusco/Machu Picchu), on weekends so as not to disrupt your UCSP classes. There will also be some local outings during the semester, as well as the final trip to Lima at the end of the semester.

University classes in Peru are graded on a 20-point system, with a minimum passing grade of 11.5. The Calvin director will convert the grades you receive to a letter grading system for regular Calvin offerings, and of course the director-taught courses will be graded as at Calvin. Bear in mind that you must pass your direct-enroll San Pablo class(es) in order for the credits to apply, but that since this is a transfer grade it will not affect your Calvin grade point average.

You will find that your Peruvian professors' expectations for student performance and behavior may be somewhat stricter. For instance, the **way your papers look is very important** (*la presentación*): they should be neat and without obvious errors. There is a standard first page that must be used for all UCSP assignments and papers.

Professors in Peru are highly respected, and they are not confronted, especially during class. You should use “usted” and his or her title with your professor (“Buenas tardes, profesor”. “¿Cómo le va, profesora”?).

UCSP regulations do not allow chewing gum, eating, or drinking during class, and cell phones must be turned off. As at Calvin, some professors allow the use of a laptop during class but many do not. Group work is common.

There is less personal space and more physical touching among students (women students are usually greeted with a light kiss on the cheek). UCSP students dress more formally than many North Americans, and **a dressy outfit is required for presentations in class.** Be sure to observe your Peruvian classmates to learn more about what is expected at the university and socially.

In the Calvin program, class attendance (and participation in program excursions) is required except in cases of serious illness. If you are ill and cannot come, **please call the director immediately** so that she can inform the appropriate people and also give advice about your health.

The Secretaría Académica, on the first floor, is where you can drop off homework or papers for your professor if you have to miss class, but you must communicate with the professor to arrange this option.

Courses for Peru 2019

STPE 302: Advanced Grammar, Composition & Conversation (3)

This course is a continuation of Spanish 301. It helps to increase fluency in spoken and written Spanish through vocabulary acquisition, readings, conversation, presentations, and the honing of grammatical accuracy. Meets requirement for Spanish major or minor. Calvin Director.

STPE 308: Hispanic World I (4)

An introduction to the major developments of the Hispanic world from antiquity to the independence of the American colonies in the early 19th century. Discussions center on the relationship of major literary and artistic works to economic, political, religious, and social developments in the Iberian Peninsula and the Castilian colonies in the Americas. This course is normally the first in a sequence of two and is designed to prepare students for advanced topics courses. Oral presentations and a research paper are required. Meets the Global and Historical Studies core requirement. Prerequisite: Spanish 301. UCSP staff.

STPE 309: Hispanic World II (4)

This course introduces students to the major developments of the Hispanic World from the Independence of the Spanish American Colonies to the present day. Discussions center on the relationship of major literary and artistic works to economic, political, religious, and social developments in Spain and Spanish America. In addition students develop their skills reading and evaluating literature in a second language through representative texts, and they sharpen their skills in critical writing and analysis. Oral presentations and research paper are required. Meets the Literature core requirement. UCSP staff.

STPE 315: Engaging Peruvian Culture (3)
Required of all students. A seminar in which students compare and reflect on what they have learned from readings, interviews, and daily experiences. Includes speakers and excursions. Counts as meeting the study abroad requirement for the Spanish major or minor. Meets the core requirement in Cross-Cultural Engagement. Calvin Director.

STPE 340: Phonology and Dialectology (3)
An introduction to Spanish linguistics, concentrating on the sounds of Spanish (phonetics and phonology), with appropriate pronunciation practice and contrasts with English pronunciation. Required for all Spanish education majors and minors. Counts as the Linguistics component in the general Spanish major. Elective credit for Spanish minors. UCSP staff.

STPE 390: A regular course offering of the Universidad Católica San Pablo (2-4) Enrollment in one or more UCSP courses is required of all students, except for students taking STPE 302. A list of courses will be provided by the director.

STPE 393: Ethnographic Study (2). Placement in a local agency, school, or business to observe and/or participate in a work setting. Journaling, a paper, and a presentation are required. Prerequisite: permission of the program director. UCSP staff.

Libraries

Arequipa, being a university city, has several libraries, including one at the UCSP where you can read and study. They have a database with some 500 professional journals. Calvin's Hekman Library (<http://library.calvin.edu/>) also provides services for students enrolled in off-campus programs.

LIVING WITH A PERUVIAN FAMILY

Each student will live individually with a Peruvian family; some of the families consist of a single mother with children, others include a mother and father with children, and some have just a mother or a mother and father without children. We choose host families who can provide clean and comfortable accommodations with a separate room for the student and who are excited about the opportunity to interact with and help students in their adjustment to life in a new culture. Your family will speak only Spanish with you.

But the experience of living with a Peruvian family will vary from one student to another. For some, the host family becomes family and their house becomes home. For others, the relationship stays distant but friendly. Whichever the case, you are expected to show respect for your family and their culture. North Americans usually make a guest feel welcome by telling them to make themselves at home and to help themselves to whatever they would like. Peruvians might find that rude. They treat guests in their home with the utmost courtesy—which includes serving their food, clearing away their dishes, and frequently asking if they need anything else. Do tell your family that you would like to help and prefer not to be treated as a guest. For example, you could offer to cook a meal. You could also observe how the family organizes cleanup, and if everyone pitches in, you could offer to do your part. But do not get frustrated if your family continues to serve you. This is a cultural difference that you may not be able to change.

In Peruvian families, children are often dependent on parents emotionally and financially until they are older than in the United States and, although this is beginning to change, many young people live at home until they marry. Some young couples live with their parents for a while

until they are able to afford their own home.

You should let your host parents know when you will miss a meal or come home late and try to give them an estimated time of return. Parents can be protective and may have different expectations for male and female children. Although customs are changing, women often do most of the housework, even though they may also work outside of the home or be in the process of completing their education. Some Arequipan families hire a maid to cook or clean or do the laundry; sometimes the family has her do your laundry as well, but often Calvin students have access to the washing machine and do their own.

Remember that every household has a set of rules and expectations. Your Peruvian family will feel responsible for you and will worry about you. Their concern may feel exaggerated to you, but remember that they know the city better than you do. Do your best to comply with their suggestions as you learn to adjust and fit in to your new life, and consider them a valuable resource to increase your safety and cultural awareness.

Potential Areas of Misunderstanding

We've found that most times problems can be worked out with some effort and careful communication. Here are some areas students have had problems with in the past.

Meals: Peruvians usually serve your food to you, and chances are you'll find you don't always like everything you find on your plate. Make an effort to try new things and express appreciation for the food you are given. Arequipans are famous for feeding their guests generously, so if you are regularly served too much food or foods you do not like, politely ask if you can serve yourself or if you can indicate the serving size (“¿Podrían servirme en la medida que yo indique?”). Don't wait too long to say you

don't like something. After a month of eating oatmeal for breakfast it will be embarrassing to say you don't like it –although students have said that they learned to like foods they did not enjoy before.

Access to the kitchen outside of meals: Although because of the altitude suppers in Arequipa tend to be very light, Peruvians generally do not snack between meals. Find out if you are welcome to take food from the kitchen between meals and, if not, keep your own supply on hand in your room. Perhaps you can use part of the allowance you get for transportation and water.

Curfew: Peruvian young people generally are given less independence than North Americans. Female university students usually have a curfew of around 2 a.m. on weekends. Talk with your family about their expectations of you regarding curfew and having your friends over, and follow their rules. No friends of the opposite sex are allowed in your room. This is a program rule and does not depend on family expectations.

Television: Your family may spend a lot of time watching TV. You may find if you join them your Spanish will improve and interesting impromptu conversations will come up.

Shower use: Peruvians take short showers to conserve energy and water. Keep your showers short too, and clean up after yourself in the bathroom.

Alcohol use and smoking: Nearly all of our students live with Catholic families. Protestant families (called *evangélicos* or *crístianos*, as opposed to *católicos*) in Latin America often do not drink or smoke, and they consider this one of the distinguishing marks of their faith. Arequipa also has a fair amount of Mormons,

some of whom attend the UCSP, who do not consume alcohol or caffeine. Therefore, although legally Calvin students may drink in Peru, we ask that you be very sensitive to the beliefs of those Protestants or Mormons with whom you may interact socially.

Courtesy: When you walk into a house, always make your presence known with a greeting ("¡*Buenas!*," etc.), unless it is very late at night. NEVER walk around the house with bare feet (remember to bring flip flops or slippers). Never put your feet on the furniture. And never lie on the couch without permission. In general, forms of courtesy such as "*Por favor*," "*Gracias*," "*Permiso*", and "*Buen provecho*" are expected of you at all times.

Eating out too much has also become a problem in some programs. Students are expected to eat their main meal of the day at their home. When that is not possible, for whatever reason, the students are expected to be very clear about their plans with their host families. The normal expectation is that you will be returning home for lunch, so some Calvin students go out at night when their family is not planning a big dinner.

As much as possible, try to work out rules with your family before a conflictive situation develops, and feel free to ask the director or International Relations staff for advice.

SPIRITUAL GROWTH

A lot of the learning and growing that will happen as you experience life in Peru will focus on your spiritual life and understanding of yourself as a Christian. Participating in Peruvian church services and youth groups will give you a new perspective on the kingdom of God and on worship. Arequipa is traditionally a very Catholic city; it also has more than twenty Protestant churches, including Presbyterian, Baptist, Christian and Missionary Alliance,

Assembly of God, Pentecostal, Lutheran, Anglican, the Iglesia Evangélica Peruana, and various interdenominational evangelical churches. You are encouraged to attend church with your host family, or you can find a Protestant church as well. Consider choosing a church early in the semester and attending regularly. Many churches, including Catholic ones, have youth groups which you may consider joining.

Seeing more poverty and learning new ways to look at God's world and at society will move you to take a new look at injustice, at social relationships, and at your own responsibility as a Christian. Some of you may want to form a Bible study or find prayer partners. Our group will also pray together and reflect on what the Bible says about our calling in a multicultural world.

OTHER ASPECTS OF THE PROGRAM

Traveling in Peru

We are planning three group excursions on weekends during the semester and a final trip in conjunction with our travel to Lima after final exams. For group excursions we will travel in buses or by air together and stay in the same hotels. Students are required to participate and to remain with the group at all times.

On weekends when group excursions are not planned, students are free to make their own travel plans. During the midterm break, you will have the better part of a week to travel if you like. Calvin policy requires that an independent travel form be filed with the program director detailing destination and date of return for any trip that lasts over 18 hours or during which you'll be sleeping away from your own bed. The travel form must be completed before actual travel takes place. Although travel is a wonderful advantage of participat-

ing in a program such as this, you should consider spending a significant number of weekends right in Arequipa. If you go away every weekend, you miss important opportunities to integrate into the culture: church youth groups, sports games, family activities, etc.

For any trip you should carry an emergency contact phone number, your Calvin ID, your insurance card, and a copy of your passport,. If you are staying in a lodging overnight, you will need your actual passport to show at the reception desk (plus carry the copy, packed in a different place). Also bring sufficient cash, a supply of toilet paper, water, and a few snacks for the road.

Visitors

While we understand the desire of family and friends to visit students who are away from home and campus for a significant length of time, such visits can be disruptive and therefore harmful to group cohesiveness if not done with sensitivity to other students and the program director. The following policies and procedures are based on our experience with such situations.

Students expecting visitors to a Calvin off-campus program must notify the program director in advance and be mindful of the following guidelines:

—Family and friends should work to plan their visit to coincide with vacation and/or other periods of free time for students. The best times for visits during the Peru program would be during the midterm break in October or after the official end of the program in Lima in December. Other times are possible, but care should be taken not to visit when official program excursions are planned.

—Students whose family or friends are visiting while classes are in session are not excused from classes or pro-

gram excursions in order to be with visiting family or friends.

—Visitors may not stay in the student's room or home. Instead, they should arrange to stay in a nearby hotel or bed and breakfast.

Health

The adjustment of living in a new country will not just be psychological and emotional. Your body will adjust also, and most students will find that they feel a little “off” to varying degrees the first few weeks in Arequipa. Although you will probably enjoy the food, your body will take some time to adjust to it. So we advise all students to expect to feel a little sick at first, or to have a few bouts with diarrhea.

The Universidad Católica San Pablo has a doctor on duty every week day in the Enfermería or Servicios Médicos. You can consult with the doctor about whether you need medication or whether you need to go to one of the clinics listed at the end of this handbook (for example, for a lab test). The university also has a contract with an ambulance service that can dispatch emergency medical personnel to campus if necessary. Also, your host families will be advised to have you contact the director with non-emergency concerns, but in case of emergency they will take you directly to the hospital.

Students should be prepared to pay in cash for medications, doctor visits (usually around \$30 at private clinics), or hospital stays. You should request a receipt and an official statement of diagnosis that you can submit to your insurance company for reimbursement after you return to the United States.

In Arequipa three health-related factors must be taken very seriously: the water, the altitude, and the sun. Tap water in Arequipa is fine for bathing, but you should use only bottled or boiled water for drinking and brushing your teeth. Your host family should be washing fruits and vegetables in boiled water. Avoid eating fresh fruits or greens that you do not know have been washed in safe water. You will be getting an allowance so you can buy bottled water, but you can also fill up your water bottle at home or in the director's office at school. See also Appendix A: "Keeping Safe Off Campus."

Since Arequipa is at more than 7600 feet above sea level, you will feel the altitude, particularly the first few weeks. Be sure to avoid overexerting yourself and to allow plenty of time for rest in order to avoid headaches. Athletes should take training slowly and cautiously the first weeks as they gradually increase their lung capacity.

Finally, Arequipa's bright, sunny climate is delightful but necessitates precautions. Since the sun is strong and the air is thin, UV radiation is higher than in most parts of the world. It is indispensable to bring good sunglasses and sunblock and to use them faithfully to protect your eyes and skin. Some Arequipeños favor broadbrimmed hats to avoid skin damage. You should also use a good moisturizer and a lip balm with sunblock: you will find that your skin and lips chap easily in the dry air, and you may need a nasal spray. Last, but not least, drink plenty of water to prevent dehydration.

Counseling and Support

The director is happy to help students in their efforts to understand and adapt to Peruvian culture. She is also

available when students encounter unexpected difficulties, such as sickness, accidents, or unpleasant news from home. However, when, in the judgment of the director, the student's family or Calvin's Office of Off-Campus Programs should be notified that a student is experiencing difficulty, she will do so. Normally, this will occur any time the student is involved in an accident or is hospitalized, or when the student seems to be in danger of losing academic credit or of being dismissed from the program.

Authority and Discipline

The program director has the responsibility to maintain order and an atmosphere within which the students can feel secure and make progress toward the program's objectives. On those rare occasions when a student's behavior disrupts good order, endangers the reputation and good standing of the program, or seriously affects group safety or morale, the director will intervene.

Intervention usually occurs in two stages. First, a student is counseled about the disruptive behavior and warned. If the behavior persists, the student may be placed on probation or dismissed from the program. Such students are given the opportunity to present their own cases to the director, but she, in consultation with the directors of Off-Campus Programs and Student Life, has the authority to make the final decision.

Financial policies and refunds

The program procedures on refunds are based on practical realities. Almost every part of the program (travel, housing, and instruction) must be contracted and reserved with advance deposits.

Once the \$500 deposit is made for the program, it is

not refundable, unless there are specific circumstances that would dictate a refund. If someone pulls out of the semester after signing the Terms and Conditions sheet and making the deposit, Calvin will do its best to give money back to the student, but he/she is responsible for the deposit and any additional money we have spent on the student (for example, airfare, lodging, etc.)

Involuntary Dismissal from the Program

Students dismissed from the program by the director may submit written accounts of the circumstances of their dismissal for inclusion in their personal file in Student Life. The program director is required to inform the Office of Off-Campus Programs and the Office of the Registrar of the dismissal and its reason.

No refunds are given to students dismissed from the program. Any unpaid balance on the student's account will be due and payable at the time of dismissal.

IMPORTANT CONTACT INFORMATION

In Grand Rapids:

Off-Campus Programs
Spoelhof College Center 301D
(616) 526-6225 (office)

Calvin College Spanish Department
(616) 526-6354
Administrative Assistant: Nora Koster
njk6@calvin.edu
FAX: (616) 526-8583

Prof. Marilyn Bierling, Director of the Semester in Peru
Hiemenga Hall 409
(616) 526-8540 (office); (616) 676-2380 (home)
mbierlin@calvin.edu ; marilynbieling@gmail.com

In Peru:

Marilyn Bierling, Program Director
Phone from U.S.: 011-51-54-605630
(office at the Universidad Católica San Pablo)

María Alejandra Maldonado, Director of International
Relations and Cooperation, UCSP
Phone from U.S.: 011-51-54-605630, ext. [*anexo*] 342

Angela Indacochea, Incoming Students, UCSP
Phone from U.S.: 011-51-54-605630, ext. [*anexo*] 319

Secretaría Académica at UCSP
Phone 605630, *anexo* 310

Enfermería / Servicios Médicos at UCSP
Phone 605630, *anexo* 356

Student Live at UCSP (for additional support):
Solange Tejada, 605630, *anexo* 328

Police emergency: dial 105
Fire station (Bomberos Voluntarios): dial 116
Medical emergency (Alerta Médica): 608080

Clínica Arequipa
Esq. [*corner*] Puente Grau & Av. Bolognesi
Phone: 599000

Clínica Monte Carmelo
Gómez de la Torre 119, Urb. Victoria
Phone: 287048

Clínica San Juan de Dios
Av. Ejército 1020
Phone: 382400

Mailing address for envelopes and letters:

[your name]
Universidad Católica San Pablo
(Programa Calvin University
Urbanización Campiña Paisajista
Quinta Vivanco s/n, Barrio San Lázaro
Arequipa
PERU

APPENDIX A: KEEPING SAFE OFF CAMPUS

Calvin College will do its best to provide a safe and healthy environment for you during your off-campus program, but we cannot eliminate all dangers and risks. Listen to and heed the advice of persons connected with the program—the Health Services travel nurses at Calvin, International Relations personnel at the UCSP, the Calvin director, persons assisting in your orientation, and your host family. These people are experts; take advantage of their knowledge! By following the advice of all of these people, you can lessen the chances of an incident, accident, or illness.

Here are some of the most important general guidelines:

FOOD AND DRINK

1. Eat only fruits and vegetables that have been peeled or well cooked; do not eat food cooked at the roadside or at a market stall.
2. Drink only bottled water or boiled water.
3. Don't accept bottled drinks that have been opened out of your sight. When you order, ask the server to bring the bottle to your table unopened ("sin abrir"). ("Bottled" water has been known to come from the kitchen faucet!) Use a straw to drink from glass bottles.
4. If you are of legal age and choose to drink alcoholic beverages in moderation, use the buddy system, and be aware of your limits and of your heightened vulnerability. Your reflexes will be slower and you are more likely to appear to be a good target for theft, etc. Research shows that most serious problems that students encounter overseas can be attributed to excessive use of alcohol.
5. Keep an eye on your beverage. (Drugs can be slipped into it while you're gone.)

6. Wash your hands frequently; carry hand sanitizer.

MONEY AND OTHER VALUABLES

1. Keep your passport, credit cards, insurance card(s) and money in a money belt or neck pouch or tucked away under your clothes except when you need them. Use front pockets, not back pockets, of your jeans. Carry a photocopy of your passport except when told to bring the original.
2. Be aware of your surroundings; don't get so involved in looking at the sights that you become an easy mark for a pickpocket or mugger. When getting on and off trains, buses, etc., in a crowd, or any time when you could be easily distracted, be especially vigilant.
3. Travel light. The more luggage you have, the more vulnerable you are to theft. Mark your luggage both inside and out with your name and a contact phone number, **and mark it distinctively, so that you can spot it quickly as yours if someone tries to walk off with it.**
4. **Have at least two sources of money** (ATM card, credit card, debit card) in addition to cash, and keep them separately. If you are robbed of one source, you will still have a way to get money. Consider carrying a "decoy" wallet with an expired card and a little money that you can give thieves.
5. Make a photocopy of your passport ID page, credit cards, tickets and other travel documents, and keep the copies in a separate place. Give a copy to the director and someone at home, too, as a back-up, and email yourself a copy.
6. Leave expensive jewelry or cameras and other valuables at home in the USA.

TRAVEL AND SIGHTSEEING

1. Do not travel alone away from the group or without a buddy. This is especially important for women!
2. Read up on the area that you're planning to visit; the

more knowledgeable you appear, the less you look like a potential target.

3. Complete the Independent Travel form before you travel on your own and file it with the director, so that we have as much information as possible about your plans. If your plans are somewhat indefinite when you leave on a trip, keep in touch with the director or someone at home by phone or e-mail periodically if possible.
4. Do not travel late at night unless you have someone meeting you at the train station, airport, etc. Be cautious about going out in town late in the evening.
5. Ask “deskies” at your hotel or hostel about areas to avoid; they are usually reliable sources of local information.
6. Follow your instincts—if you hail a taxi and you feel uncomfortable about the driver, send the taxi away.
7. Stay on major streets as much as possible after dark. If you see people loitering in your path, turn back and head to a place where there are people around.

MISCELLANEOUS

1. Keep a phone card and contact information for your director with you at all times.
2. Avoid large crowds, especially if they are politically motivated. In the event of civil unrest, keep a low profile. If you are away from the group, try to contact the nearest embassy or consulate of your home country for advice.
3. If you have a chronic medical condition (diabetes, asthma, food allergies, etc.), be sure you give full information to your director BEFORE the group leaves for your destination, so that they can be helpful if needed.

Female students will often encounter harassment, but uncomfortable situations can usually be avoided by taking the following precautions:

1. Be aware that some men from other cultures tend to mistake the friendliness of North American women for romantic interest.
2. Dress conservatively. While short skirts and tank tops may be comfortable, they may also encourage unwanted attention.
3. Avoid walking alone at night or in questionable neighborhoods.
4. Do not agree to meet a person you do not know well in a non-public place.
5. Avoid eye contact with unknown men and ignore their advances or comments.

Remember that no one has the right to take sexual advantage of you, no matter what you do or don't do. If you are victimized in this way, be sure to get help from your program director and/or another person in authority. This is important for your physical and mental well-being and to protect others from becoming victims in the future.

APPENDIX B: UCSP DRESS CODE

Dress like the professional you are on the inside.

When you attend UCSP, your wardrobe should be appropriate to an academic setting. You should avoid:

Men:

- Clothing that shows your underwear
- Shorts or sleeveless T-shirts
- Flashy accessories such as chains, wristbands, etc.
- Earrings of any type
- Long hair (past your earlobes)

Women:

- Clothing that shows your navel, belly, back, or underwear
- Low necklines
- See-through garments
- Miniskirts or short dresses
- Shorts, leggings, tight pants, or capris

Both men and women:

- Piercings (for women, anywhere other than your ears)
- Garish hair coloring, multicolored hair, or outrageous hair-styles
- Wearing caps, hats, or dark glasses in classrooms, laboratories, and auditoria
- Any kind of flip-flop
- Dirty or worn clothing
- Athletic gear unless engaged in an athletic activity outside of class

