



The Teacher's Guide TO TRAVELING TO PERU WITH STUDENTS

PROMÉTOUR
a class of its own

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Explore, volunteer, &



immerse yourself in amazing Peru!

Quick facts about Peru

- ➔ Size/Population: ~30.4 million
- ➔ Official Language: Spanish, Quechua & Aymara
- ➔ Capital: Lima
- ➔ Motto: "Firme y feliz por la unión" which translates to "Steady and Happy for the Union"
- ➔ National dance: La Marinera
- ➔ Shares with Bolivia the highest navigable lake in the world—Lake Titicaca
- ➔ Once the capital of the Inca empire, Peru's town of Cusco is a UNESCO World Heritage Site

Peru—officially the *Republic of Peru*—is an extremely biodiverse country located in western South America, bordering the South Pacific Ocean between Chile and Ecuador. Once the land of the great Inca Empire and later the vice-royalty of Spanish South America, Peru is home to a wide variety of ecological and social environments, which create an endless amount of cultural diversity within the country.

Peru is a popular travel destination among teachers & students thanks to its ancient ruins, diverse ecosystems, and fascinating yet mysterious culture. Imagine learning Spanish in one of the most beautiful locations to be found in Latin America!

Some of the popular attractions & events among student travel groups in Peru include:

- el Camino Inca, the famous trail that leads from Cusco to the mysterious ancient city of Machu Picchu.
- Urubamba Valley, also known as the Sacred Valley; famous for its Inca ruins & sites.
- Getting to know the locals and culture through community projects such as the one we offer in Misminay
- The alpacas of the Andean highlands and much more!

Show your students the beautiful mix of hispanic and native traditions that is **Peru!**

And the best part – *With one of our customized tours, you get to see Peru with no fear of missing out on all its glory!*

5 reasons teachers & students should travel to Peru



Spanish language & culture

Peru's authentic culture coupled with our Spanish immersion & language classes make for no shortage of memorable learning experiences.



Community outreach & volunteer programs available

Meet the Peruvian people, embark on local school visits, take part in toy making & handcraft workshops and more. Our outreach programs allow you to live the life of a local!



Breathtaking ancient ruins & monuments.

There's more to Peru than just *Machu Picchu*—*Lake Titicaca*, the *Sacred Valley*, the *Inca Civilization* and more await you and your students!



Natural geographic diversity

Explore each of Peru's three geographic zones: La Costa (the coast), La Sierra (the mountains), and La Selva (the jungle)—all with something unique to see and experience!



Biodiversity.

Peru is known as one of the world's ten "megadiverse" countries—its culture, ecosystems, species, and genetic resources make it an exhilarating destination for student travel

CLICK THE BUTTON BELOW TO LEARN MORE ABOUT WHY PERU IS A GREAT DESTINATION FOR STUDENT TRAVEL

[Learn More](#)



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The Prométour Experience

With over 25 years of experience in educational travel, Prométour has been called by many the 'artisan of the student travel industry'.

That means **we don't do packaged tours**—all our travel **itineraries are customized** by our experienced tour consultants who work one-on-one with you during the entire planning process. This allows for truly **unique trips that are aligned both with your educational & recreational goals**—and also within your available budget.

ALONG WITH FULLY-CUSTOMIZED STUDENT TRAVEL, WE FOCUS ON:

Safety

Our #1 priority. Contact us to learn more about the safety checks we have in place.

Authenticity

Enjoy authentic restaurants & quality hotels thanks to our strong partnerships with key local suppliers.

Experienced tour directors

Our tour directors have extensive knowledge in the area which they work, making for both educational & enjoyable tours.

Exceptional customer service

One-to-one communication with parents & teachers every step of the way, online registration system, 24-hour emergency phone line and more.





Travelling to Peru with Prométour An Unforgettable Experience!

If you want to actually experience Peru with your students and not just see it from a bus window, then you'll love our unique approach to student travel.

You can rest assured knowing that we're the leader when it comes to creating customized educational travel itineraries to this fascinating destination.

Our tour consultants know Peru inside out and can recommend the best activities, 'must-see' attractions and hidden gems it has to offer in order to make your trip one your students will remember forever.

HERE'S JUST SOME OF WHAT THE HAPPY STUDENTS HAVE TO SAY ABOUT OUR CUSTOM TOURS TO PERU:

"Absolutely would recommend, it was a great learning experience. I improved both my Spanish and social skills a lot by talking to the locals who didn't speak English."

Jack J. - New York



"The trip was fantastic. It was very meaningful to experience a different culture and history. Peru is full of opportunities for adventure and we managed to squeeze in everything you'd want into a trip. I'd go back to Peru, for sure: 100%."

Jesse J. - New York





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Curious to know



what it's like traveling to Peru
with us?



Here's just a sneak peek of actual itineraries that we've custom-built in the past, for teachers just like you, to give you an idea of what's possible with a Prométour-planned Peru itinerary:

Peru Homestay

[Click to see more details](#)

📅 DAY 1

- › Overnight flight to Peru

📅 DAY 2

- › Arrival in Cusco – Meet & Greet
- › Transfer to you host families
- › Settle in & relax – get use to the altitude
- › Dinner & overnight with your families

📅 DAY 3

- › Breakfast
- › Guide walking tour of Cusco
- › Visit of Puca Pucara
- › Lunch in a local restaurant
- › Tambomachay & Water Fountains
- › Amphitheater Qenqo
- › Dinner & Overnight with your families

📅 DAY 4

- › Breakfast
- › Travel to the Sacred Valley
- › Discover the Pisac Market
- › Lunch in a local restaurant
- › Explore the Ruins of Pisac
- › Inca Village of Ollantaytambo
- › Dinner & Overnight with your families

📅 DAY 5

- › Breakfast
- › Excursion to Machu Picchu
- › Lunch in a local restaurant
- › Leisure time
- › Dinner in a local restaurant
- › Enjoy the Hot Spring
- › Overnight in Aguas Calientes

📅 DAY 6

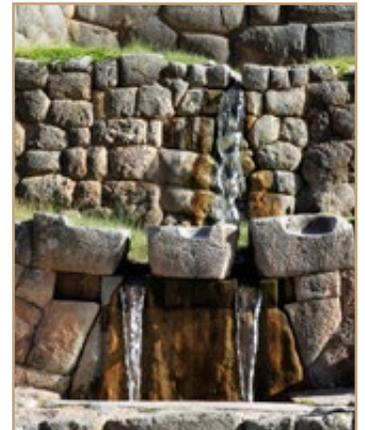
- › Breakfast
- › Visit of Moray – Agricultural site
- › Visit Maras – a salt basin
- › Pic-nic lunch by the Urumba Valley
- › Return to Cusco
- › Dinner & Overnight with your families

📅 DAY 7

- › Breakfast then flight to Lima
- › Lunch in a local restaurant
- › Guided walking tour of Lima
- › Visit the Monastery of San Francisco
- › Explore the Miraflores District
- › Dinner in a local restaurant
- › Magic Water show
- › Overnight in Lima

📅 DAY 8

- › Breakfast then transfer to the airport
- › Flight back home



Traditional Peru & Community Project

[Click to see more details](#)

📅 DAY 1

- › Overnight flight to Peru

📅 DAY 2

- › Arrival in Cusco – Meet & Greet
- › Guide walking tour of Cusco
- › Visit of Puca Pucara
- › Lunch in a local restaurant
- › Tambomachay & Water Fountains
- › Amphitheater Qenqo
- › Dinner & Overnight at the hotel

📅 DAY 3

- › Breakfast then off to the Sacred Valley
- › Discover the Pisac Market
- › Lunch in a local restaurant
- › Explore the Ruins of Pisac
- › Inca Village of Ollantaytambo
- › Dinner & Overnight at the hotel

📅 DAY 4

- › Breakfast then an Excursion to Machu Picchu
- › Lunch in a local restaurant
- › Leisure time
- › Return to Cusco
- › Dinner & Overnight at the hotel

📅 DAY 5

- › Breakfast then travel to Mismisay
- › Visit of Mulaka's Mismisay Community
- › Traditional weaving workshop
- › Lunch with the community
- › Learn all about traditional medicine
- › Dinner & overnight in a tent

📅 DAY 6

- › Breakfast
- › Toy making workshop with local kids
- › Lunch with the community
- › Deliver the toys at a hospital

- › Enjoy a soccer game with the kids
- › Return to Cusco
- › Dinner & overnight at the hotel

📅 DAY 7

- › Breakfast then travel to Puno
- › Pass through the Altiplano – home of the Alpaca
- › See the Racchi Ruins
- › Lunch in a local restaurant
- › Continue to Puno
- › Dinner & overnight at the hotel

📅 DAY 8

- › Breakfast
- › Boat ride of Lake Titicaca
- › Visit of the Floating Island of Uros
- › Lunch with your group
- › See the Island of Taquile
- › Return to Puno
- › Dinner & overnight at the hotel

📅 DAY 9

- › Breakfast then flight to Lima
- › Lunch in a local restaurant
- › Guided walking tour of Lima
- › Visit the Monastery of San Francisco
- › Explore the Miraflores District
- › Dinner and overnight at the hotel

📅 DAY 10

- › Breakfast the transfer to the airport
- › Flight back home





FAQ

Q: What should I pack when traveling to Peru?

A: A travel converter and plug adapters for Peruvian outlets are essential for any use of electronic devices such as phone chargers, hair dryers, straighteners etc.

We also suggest bringing a money belt to avoid any pick pocketing situations as much as possible. This is the safest and smartest way to keep your money in your hands and only yours!

Don't forget to pack insect repellent as it will come in handy for those days you are trekking through the regions of Peru.

Q: Is the water safe to drink in Peru?

A: The tap water in Peru is not safe to drink, brush your teeth or wash your fruits and vegetables with. It is advised to only drink and use bottled water which is available at your hotel and many stores.

Q: Do I need any vaccinations before travelling to Peru?

A: Scheduling an appointment with your doctor or a specialized travel vaccinations clinic is the best way to prepare yourself before travelling to Peru; as well as ensuring you are completely protected and up to date with any vaccinations or medications you may or may not need.

For any further detailed information, please refer to the following website:

US International Travel <http://travel.gc.ca/destinations/peru>
Government of Canada <https://travel.state.gov/content/passports/en/country/peru.html>

Q: Does altitude sickness happen to everyone? How can I prevent it?

A: With Cusco on the itinerary; we always advise our travellers to take it easy for the first few days to adjust to the altitude and avoid soroche.

Mild activities like walking tours are suggested in order to avoid travellers from overdoing their bodies and getting sick. Staying hydrated and eating carbohydrates such as pasta, bread and potatoes (which are of abundance in Peru) as well as any coca products (coca leaf and coca tea); are said to be helpful in alleviating altitude sickness

If you feel as if you are more prone to altitude sickness, speak with your doctor before the trip and see if there is anything they can provide you with before your travels. In the case of falling sick while in Peru, be sure to pack your travel insurance card so you can easily access the appropriate medication at any Cusco pharmacy. Note that our Tour Guides are well equipped and will assist you in the case you do get sick.

Q: How is the weather in Peru?

A: Depending on the season and region, packing for Peru requires the proper attire. The weather in Peru varies from the three different regions and we emphasize to pack appropriately for each. Peru is made up of three regions:

- 1) La costa (**the coast** where you will find Lima)
 - Summer is from December to March
 - Winter is from May to October
- 2) La sierra (**the Andes** where you will find the Sacred Valley and Machu Picchu)
 - Rainy season from December to March
 - Dry season from late May to October
- 3) La selva (**the jungle**)
 - Rainy season is from December to March
 - Light rains and dry season from May to October

These regions vary in temperature throughout the day and week you may be there; therefore please refer to the following tables (next page) to help you better responsibly pack for Peru:

FAQ

LIMA, PERU

MONTH	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV
Average Temperature	67 °F 20 °C	72 °F 22 °C	73 °F 23 °C	73 °F 23 °C	70 °F 21 °C	65 °F 19 °C	62 °F 16 °C	60 °F 16 °C	60 °F 15 °C	60 °F 16 °C	62 °F 17 °C	64 °F 18 °C
High	77 °F 25 °C	80 °F 27 °C	82 °F 28 °C	82 °F 28 °C	78 °F 26 °C	73 °F 23 °C	68 °F 20 °C	66 °F 19 °C	66 °F 19 °C	67 °F 19 °C	70 °F 21 °C	73 °F 23 °C
Low	58 °F 15 °C	64 °F 18 °C	65 °F 18 °C	64 °F 18 °C	61 °F 16 °C	58 °F 14 °C	56 °F 13 °C	54 °F 12 °C	53 °F 12 °C	54 °F 12 °C	55 °F 13 °C	56 °F 14 °C
Precipitation	0mm	1mm	1mm	0mm	0mm	1mm	2mm	3mm	3mm	3mm	1mm	1mm
Appropriate & Suggested Attire	Good pair of walking shoes + sandals Lightweight t-shirts, shorts and pants Light jacket + pants for night time (extra layer in case) Sunblock + hat + extra socks					Good pair of walking shoes Light jacket or windbreaker for day and night time Extra sweaters (layers are ideal!) Scarf + hat + extra socks						

CUSCO, PERU

MONTH	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
Average Temperature	55 °F 13 °C	54 °F 12 °C	54 °F 12 °C	53 °F 12 °C	54 °F 12 °C	53 °F 12 °C	51 °F 10 °C	48 °F 9 °C	48 °F 9 °C	50 °F 10 °C	52 °F 11 °C	55 °F 13 °C
High	68 °F 20 °C	66 °F 19 °C	65 °F 19 °C	64 °F 18 °C	65 °F 18 °C	66 °F 19 °C	66 °F 19 °C	65 °F 19 °C	65 °F 18 °C	67 °F 19 °C	67 °F 19 °C	69 °F 20 °C
Low	41 °F 5 °C	42 °F 6 °C	42 °F 6 °C	43 °F 6 °C	42 °F 6 °C	40 °F 4 °C	36 °F 2 °C	32 °F 0 °C	32 °F -1 °C	33 °F 1 °C	38 °F 3 °C	41 °F 5 °C
Precipitation	75mm	112mm	154mm	119mm	101mm	40mm	6mm	3mm	3mm	8mm	25mm	47mm
Appropriate & Suggested Attire	Good pair of walking shoes that are breathable, water resistant + rubber sole Rain jacket or poncho Extra layers, lined jacket and warm sweaters for night time Umbrella (note these are not allowed inside Machu Picchu) - Extra socks					Good pair of walking shoes that are breathable, water resistant with rubber sole + good traction Warm jacket and thick sweaters Extra layers with backpack (suggested to bring your layers with you throughout the day) Scarf, gloves, hat and extra socks						

Please note that these temperatures are just an average, weather in Peru is subject to change frequently. It is strongly suggested to talk with your Tour Project Manager about the weather prior to leaving for your trip and to check the weather frequently in order to be up to date and prepared.

Q: Can I use my cell phone in Peru?

A: Yes, most cell phones work in Peru however roaming costs can get very expensive. Contact your phone provider to find out if there are special rate plans you can purchase in advance. If you do not wish to buy a plan, we strongly suggest to keep your phone on airplane mode and connect to WiFi whenever possible.

Q: Is American or Canadian currency accepted in Peru?

A: American currency is widely accepted while Canadian currency is not accepted in Peru. We strongly suggest carrying the local currency and exchanging your money prior to the trip as it is in the best interest for students and teachers. However, exchanging money is simple and can be done at the beginning of the trip if need be it.

Q: Is tip included?

A: Tips for activities and restaurants are included in the cost of the tour. However, tips for your Tour Director(s), Tour Guides, and Drivers are not included in the cost of your trip (please refer to the chart below for recommended tips)

Group Leaders and chaperones are encouraged to tip if they appreciate the service provided on the tour. Other service providers who would appreciate tips are transfer drivers, hotel porters, and local guides.

DESTINATION	PERSON	RECOMMENDED TIP
South America	Prométour Tour Director	\$ 3.00 USD per day / per person
South America	Bus Driver(s)	\$ 2.00 USD per day / per person

Q: Do I need a passport to travel?

A: Yes, all travellers must carry a valid passport to travel to Peru since you are travelling by air.

PLEASE NOTE: All passports must be valid for at least 6 months beyond the conclusion of your trip.

For any further detailed information, please refer to the following website:

- > US Passports & International Travel: <https://travel.state.gov/content/passports/en/country/peru.html>
- > Government of Canada: <http://travel.gc.ca/destinations/peru>

Interested in learning more about traveling to Peru with your students?

Whether it's to brush up on your Spanish language skills, visit famous ancient ruins & monuments, or even just to experience Peru's exhilarating biodiversity first hand, contact us today—**together we can make your dream trip a reality!**



Click here to speak to a tour consultant about traveling to Peru with your students



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