

Important Pre-Booking Information



Farmor's School Andes to Amazon y Devolucion!

Destination: Peru
July 2024



Dear parent or guardian,

Farmor's School - Peru: Andes to Amazon y Devolucion!

Your son or daughter has the opportunity to take part in an adventurous school trip that we are helping your school to plan.

Adventure travel is exciting. It is a chance for young people to stretch their horizons and develop an understanding of cultures and destinations beyond our everyday world. It is an opportunity to build their self-confidence and understand more about the amazing world we live in. The educational benefits and opportunities for personal development are many indeed.

Here at STC Expeditions, we firmly believe our educational journeys and school expeditions are packed to bursting point with experiences that will change your child's view on the world. Some companies in our market like to use the phrase "a once in a lifetime trip" – we prefer to think that our trips will be the first of many incredible adventures your son or daughter will embark on throughout their lives. If we can inspire young people to travel, to explore and to celebrate the diversity and difference that exists across the planet, then we know we're doing something good.

By its very nature, however, adventure travel is more challenging and demanding than a conventional school trip. The enjoyment, excitement and educational benefit is derived, in part, from the inherent risks and challenges associated with each journey and destination. The following Parents' **Pre-booking Information Pack** is designed to enable you to make an informed decision as to the itinerary and organisations involved, and whether the trip is right for your child.

Please read it carefully and should you have any questions at all, please do not hesitate to get in touch.

Yours sincerely,



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About STC Expeditions

STC Expeditions, previously known as the School Travel Consultancy, has been organising adventurous school trips and expeditions since 2006. Over the years we have helped school groups summit 6000m peaks in the Himalaya and visit remote tribes deep in the rainforest clad interior of Venezuela. Not all the trips we arrange are as adventurous as these, yet wherever we operate our key goal is to provide an exceptional educational travel experience, one that takes students out of their comfort zones, opening their eyes and stretching their global horizons in a carefully risk-assessed environment.

Objectives

- Based on feedback from your previous trip, we have designed this trip to be an aspirational and adventurous expedition. The trek is achievable but will stretch and develop students' character. The trip to the Amazon adds a different element and a contrast to the high mountains.
- In addition to the above, you would like to make full use of the opportunities your destination provides, so would like a diverse itinerary that shows all aspects of your destination – the geography, biology, language, history and culture.



Trip Overview

Join us on a unique but classic expedition to deepest darkest Peru. Step back in time and explore remote ruins far from the madding crowds of Machu Picchu. We undertake a classic 8-day trek through spectacular mountains and high passes, get hands on with a local community project as well as get an adrenalin fix with white-water...twice, zip lining and walks into deepest darkest Amazonian Peru. Interspersed amongst all this is the ever present and colourful Peruvian and Quechua culture. It promises to be a great adventure!

Trip Dates

The trip is planned for July 2024. Flights can only be booked a maximum of 11 months prior to departure, so we will be in contact once your travel dates are available to book.

Planned Itinerary

Below is an outline of the planned itinerary. Please note, it is important to realise that the itinerary needs to be flexible. Whilst every effort will be made to follow the schedule below, in the event of political problems, airline schedule changes or environmental factors, we will do our best to make your trip as enjoyable and hassle-free as possible, but it is important to EXPECT THE UNEXPECTED and be prepared to accept some slight changes. Relax and have faith in your guides – he or she will want you to see their country in a good light.

Days 1 - 2: Travel to Peru & Welcome to Cusco!

On arrival in Lima, we connect onto our on-going flight to Cusco where we are met on arrival and escorted to our hotel. After some time to check in and perhaps have a quick shower, we get our first introduction to Latin America with a "Locals' guide to Cusco". This short walking tour is a great way to get your bearings and also helps us get used to the altitude. The beautiful historic centre was declared a World Heritage Site in 1983 with Inca and colonial architecture evident all around. This evening, we have a full briefing for the adventure ahead.

Meals: LD

Day 3: Cusco City Tour

Today we enjoy a city tour to discover the beauty and the magic of Cusco, the Imperial Capital of the Incas. Our tour starts at the Koricancha and the Santo Domingo church. According to the Chroniclers who wrote during the period directly after the Spanish Conquest, the Koricancha was the most sacred and the most important site in

the Quechua world. Next will be the Cusco Cathedral and the imposing Fortress of Sacsayhuaman. Here, the stones that form the walls are the size of a truck, they have been carefully cut and perfectly fitted together - an altogether very impressive Incan construction! From here we head up the hill to the Tambomachay Archaeological Complex. This was an important ceremonial centre during Inca times. It is sometimes called the Bath of the Incas, and the cult of water used to perform their rites here.

Meals: BLD

Day 4: Cusco cooking classes

Our Cusco cooking class begins at 11h00. We go to the house of our professional local chef and after a brief rundown of what we'll be doing for the day, we will be given all the appropriate clothing to begin cooking! In total.

After meeting our bilingual (Spanish/English) chef, we'll start our practical cooking class, during which you'll learn the preparation of traditional dishes from Cusco. All of the ingredients will have been purchased in advance, and you'll be using organic products only, all grown in the traditional communities in and around Cusco. Many of the ingredients will be highly representative of Andean cuisine, such as potatoes and corn, with the exact ingredients depending on the season.

Once you've cooked your traditional Andean meal, it will be time for lunch with the chef and his family – a great chance for some cultural immersion. The group will gather in the chef's dining room, and he or she will tell you more stories and experiences from his or her time working with Peruvian cuisine. And, of course, you'll get to taste the meal that you've just prepared. For Peruvians, this chance to gather around the dining room to share their cuisine with others is more than just eating. It's a chance to share their lives, their knowledge, traditions and home life with other people -- and, of course, to have fun.

When the meal is over, we'll say thanks and goodbye to the chef and his family and then we'll take you back to your hotel.

Meals: BLD

Day 5: Start Choquequirao Trek

Our private bus will pick us up from our hotel for the 4 hour drive to the trailhead at Cachora (2,800m). We load our equipment onto horses and begin our 8 day trek! First we climb for two and a half hours to the Capuliyoc pass at 2,750m. We then descend into the Apurimac canyon for two and a half hours to Chiquisca, where we camp for the night. Hiking time approx. 5hrs.

Meals: BLD

Day 6: Chiquiska to Choquequirao

We have an early start to make the most of the cool morning and descend for one hour to Playa Rosalina, where we cross the Apurimac River. We then begin to climb steeply for two hours until arriving at the community of Santa Rosa, where we will stop for a rest in the shade. Our climb continues for another two and half hours until we reach Marampata - our lunch-spot! A final gentle two hour hike brings us to our campsite at Choquequirao (3,103m). Hiking time approx. 8hrs.

Meals: BLD

Day 7: Choquequirao Archaeological Site

Today's focus is to explore Choquequirao! Upon waking up early, we'll head off on a guided tour of the site during which we'll be shown the most important and interesting sections of the city. While getting to learn about the Incan culture and the close relation between Choquequirao and Machu Picchu. Compared to Machu Picchu, little is known about Choquequirao even though it has existed much longer. Originally, discovered in the 17th century by the Spanish, it laid abandoned and forgotten until recent years when tourism raised the profile of the city and exploration began. Even with this increased interest, only 25% of the city has been explored and many of its secrets still wait to be discovered. After our tour we'll head back to our campsite for the night. Hiking time approx. 6hrs.

Meals: BLD

Day 8: Choquequirao to Maizal

We start our ascent from our campsite to the Pass of Choquequirao (3,250m), entering cloud forest where we find polylepis trees, epiphytes and bromelids. On the other side as we

descend the Yuracmayo river we pass some terracing that supplied Choquequirao and finally arrive at the river bed, which we cross. We continue our ascent until reaching Maizal, a balcony with an impressive view of the Yuracmayo and Yanama gorges, as they join and rush towards the Apurimac Canyon. It's a natural viewpoint, looking out to the west with beautiful sunsets where we camp. Hiking time approx. 5hrs.

Meals: BLD

Day 9: Maizal to Yanama

The trail starts climbing steeply towards Mina Victoria, an Inca and later colonial mine. We hike along a hill called Qoriwayrachina, where recent archaeological explorations have taken place. Once over the pass at (3,900m), we have lunch and begin our descent to the village of Yanama with views of the mountain country and Mt. Pumasillo towering above us and our campsite below. Hiking time approx. 8hrs.

Meals: BLD

Day 10: Yanama to Totorá

Heading up the Yanama valley, past fields of farmers we reach the trailhead below the Quiswar pass. Cross over the pass, beautiful views of Mt. Salkantay and Humantay on a clear day. Descend on the winding trail to the valley of Totorá below, camping in the vicinity of the Village. Hiking time approx. 8hrs.

Meals: BLD

Day 11: Totorá to La Playa

Today we continue our hike with an easy walk along the Salkamayo River, enjoying the increasingly lush vegetation, passing waterfalls, passion fruit and coffee plantations. In the afternoon we arrive at our camp at the village of La Playa (2,155m), where we can refresh in the river before dinner! Hiking time approx. 7hrs.

Meals: BLD

Day 12: La Playa to Aguas Calientes

After breakfast, we cross the river and start climbing through coffee and fruit plantations to reach El Mirador (2,860m) from where we have an exceptional view of Machu Picchu. We enjoy a last lunch at the recently restored Inca site of Llaqtapata (2,650m) with views of both Machu Picchu and Salkantay before a 2-hour descent brings us to the small train station of Hydro- Electrica. A short train ride will take us to Aguas Calientes and our hostel for the night. Hiking time approx. 7hrs.

Meals: BLD

Day 13: Aguas Calientes - Machu Picchu - RuQQa

Another early start this morning for breakfast before we catch a short bus journey to the gates of Machu Picchu! Here we will watch the sunrise. After entering the Citadel we will enjoy a guided walking tour (approximately two hours) of the citadel complex. A little later we walk back down to Aguas Calientes for lunch and board the train back to Ollantaytambo. Finally we transfer to our project with the RuQQa community our home for the next few days. The journey takes about 30 minutes.

Meals: BLD

Days 14 - 17: Project in Ruqqa Community

We spend the next three days working on a project at a small remote community in the Sacred Valley. Exact details will be finalised closer to the time of our departure, but previous groups have worked on footpath restoration, water irrigation schemes, refurbishing greenhouses and installing ablution blocks. Whilst on project, we'll be getting to know the everyday life of the villagers and their traditions, skills and handicraft as we learn about weaving, animal husbandry and farming. We'll be camping on the edge of the village or, depending on group size, we will stay in homestays in the village with two or three students to a family. After breakfast on day 17, we leave our new friends and return to the capital city Cusco. The afternoon is ours to explore the city, shop or relax.

Meals: BLD

Day 18: Chuquicahuana Rafting

This great day of rafting takes us down a beautiful section of the Urubamba river. Rafting is a fun sport and this fantastic day out is suitable for almost all ages and abilities. The section we run is usually the class III-IV Chuquicahuana section located above Cusco, where the river is cleaner and more fun. It takes two hours to drive to the river and on arrival we inflate the rafts and provide a full safety briefing and instruction in the art of white-water rafting. We then set off for approximately two hours of rafting, making the most of the gentle start to practice our technique. The river then flows through a beautiful canyon, filled with great rapids, torrent ducks and views of the surrounding peaks. Having reached our 'takeout point', we enjoy a full picnic lunch and relaxing in the sauna. This afternoon we return to Cusco for a well-deserved rest.

Meals: BLD

Day 19: Cusco – Andes – Cloud Forest

We leave Cusco early in the morning in one of our vehicles. We will pass through interesting valleys and picturesque communities. We will stop in Paucartambo, a beautiful colonial town. Here we will visit a very interesting museum. We will have a packed lunch en route.

We continue to the Cloud Forest, an area rich with endemic species like the Spectacled Bear, the Cock of The Rock, a variety of orchids, bromeliads, lichens and ferns etc. Take in the beautiful nature as we make our way to San Pedro de Orquideas Lodge where we will spend our first night in our comfortable accommodation.

Meals: BLD

Day 20: Cloud Forest to The Amazon and Erika Lodge

Very early we will go in search of the Cock of the Rock, the National bird of Peru, that has a very unique courtship dance. After breakfast we will continue to the small town of Pilcopata*, then to the Port of Atalaya, which is located on the shores of the Madre de Dios River (700 m.s.n.m).

Here we will take a boat to our Private Reserve of "Erika"*. From the boat we will be able to see an enormous diversity of bird species such as Herons, vultures and cormorants etc. We will walk along the interesting trails that are in the transition zone between high and low jungle and your guide will point out and explain the interesting diversity of wild life that surrounds you. We will have the chance for a night walk to catch a glimpse of insects and amphibians. We overnight in Erika Lodge.

In Pilcopata you will have 90 minutes of rafting (grade I & II) on the Koñeq and/or Madre de Dios Rivers. You can enjoy the beautiful landscape and have a swim in the refreshing water

Meals: BLD

Day 21: Erika Lodge

During the morning walk, the guide will point out and explain the interesting variety of wildlife around us.

We board our boat to cross the river and follow a trail for 30 minutes and observe the interesting flora such as the sensitive plants, heliconias, fruit, etc. We walk until we reach lake Machuwasi where we paddle rafts to observe the birds like the primitive Hoatzin, alligators, monkeys and capybaras with luck. We will have a

night walk around our lodge to catch a glimpse of a variety of insects and amphibians.

Included is a Canopy Zip Line: We can glide from tree to tree and from platform to platform with a harness on a horizontal cable rail system at high speeds above the trees in the incredible amazon jungle. We finish with a rappel from a height of 15m back to the jungle floor.

Meals: BLD

Day 22: Erika Lodge – Aguas Calientes

Very early we take a short walk to see a large and impressive ceiba buttress tree. After breakfast we take our boat down the Alto Madre de Dios River for 90 minutes for an interesting and exciting trip to the hot springs of Aguas Calientes surrounded by our beautiful forest. After relaxing in the water and a refreshing cold lunch, we return to Erika Lodge.

Meals: BLD

Day 23: Erika Lodge – Cusco to Lima

We board our boat very early and make our way to Collpa, a clay wall by the river where a variety of parrots such as the blue headed parrot, the White eyed parakeet, possibly the Maracana Macaw and others come every morning to substitute their diet with minerals and salts.

After this activity we return to Erika and after breakfast we pack up and take our boat back to Atalaya Port where our vehicle will be waiting to take us back to Cusco. We have lunch en route to Cusco airport and arrive early evening for our flight to Lima.

Meals: BLD

Day 24: Lima city tour

The first stop on our Lima city tour is Huaca Pucllana, a huge archaeological site in Miraflores, one of Lima's most popular districts. Huaca Pucllana was an important ceremonial and administrative center of the Lima culture, which developed along this part of the Peruvian coast between 200 AD and 700 AD. This sacred place was built from seven staggered platforms surrounded by a plaza and large walls. It's a very impressive site, and certainly not what you expect to find in lively Miraflores!

After exploring Huaca Pucllana with your bilingual guide, we'll drive to the historic center of Lima, all of which is a designated UNESCO World Heritage site. We'll go to the beautiful Plaza de

Armas (Lima's main square) which is surrounded by impressive colonial and Republican-era buildings, many of which have ornate wooden balconies. Some of Peru's most important buildings surround the square, including the Government Palace, Cathedral of Lima, Archbishop's Palace of Lima, the Municipal Palace and the Palace of the Union.

We'll visit the Cathedral of Lima, which was completed in 1649. It's a huge structure, with a large central nave and 14 side chapels. Inside, we'll see the sculptures and paintings that decorate the interior. The cathedral is also home to the tomb of the conquistador Francisco Pizarro.

Next we'll walk one block to the Convent of Santo Domingo. Founded in the 1530s and completed in 1766, it is one of the most important religious buildings in Peru, and its large bell tower is a landmark in the historic center of Lima. As we walk around the interior of the convent, we'll see the beautiful Sevillian azulejos (ceramic tiles) that decorate the walls, dating from 1604 and 1606. There is also a series of paintings that present passages of the life of Saint Dominic, the founder of the Dominican order, which date to around 1608.

Finally we pick up from Miraflores to take you to the Hotel located close to the airport.

Meals: BLD

Days 25 - 26: Lima

After breakfast you will be transfer to Lima Airport for your flight back home arriving the following day in the UK.

Meals: B



Adventure Grading

We grade all our trips so teachers, school leaders, students and parents can gauge whether it is appropriate to their requirements and objectives. We have given this trip the following grading:

Physical: Grade 5: A high level of fitness is required to participate on a trip of this level. We recommend previous multi-day trekking experience at this level, either in the UK or internationally. You need complete confidence in your ability to trek for multiple days over difficult terrain and cope with significant variations in temperatures throughout the tour. Altitude could be higher than 4,500m but good acclimatisation will be built into the programme. Longer periods of trekking could be of a sustained nature, but rest days will be planned. A pre-travel fitness programme of four to six months is essential to ensure you are in optimal fitness to make the most of this trip.

Culture Shock: Grade 3: Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.

Minimum Age

We recommend a minimum age of 16 years for this trip.

Meals

The majority of meals are included on our trips. Breakfasts, Lunches and Dinners for each day are shown as a BLD code on each day above. Please note the exact meal inclusions may change slightly on the first/last days depending on flight departure/arrival times.

Reality Check / Expectations

Ok, so you want to go on an adventure to Peru? What does this *actually* involve? What expectations should you have? It's very difficult for us to give an accurate description in advance of what

you will experience on this trip. That is, after all, the whole reason why we run these trips – some things you can only understand when you experience them in person, outside of the classroom, immersed in another culture. Below we give a few home truths about your trip. Some of them may sound 'harsh', but we want you to be fully informed and remember, a little discomfort here and there is a small price to pay to experience the amazing opportunities available on this adventure. Standards of accommodation, transport, service provision, healthcare, hygiene and emergency response are, generally, not as high as in the UK. Flexibility and patience on the part of the traveller is important, so too is your understanding of this as a parent or guardian.

Accommodation

Accommodation standards on our adventures vary from country to country. Don't expect to turn up to towels folded into swans and a neat triangle fold at the end of your toilet roll. Sometimes we have quite good accommodation. Sometimes shared rooming is exactly what it means, you could be sharing cramped rooms in bunkbeds. You could be travelling on an overnight train where the 'walls' are curtains. At the lower end of accommodation, your bed may just be a mattress on the floor in a basic guesthouse or a hammock in the jungle. Washing facilities may be basic with limited showers and squat toilets. It all adds to the experience though, and is part and parcel of travelling in low income countries.

Accommodation types used on this trip includes:

Overnight Flight: We use good quality airlines for our international flights. Most, if not all, have in-seat entertainment and good food / refreshments.

Hotel: Standards of hotels used vary from country to country and place to place. Most hotels rooms are twins or triples and usually en-suite but don't expect your towels to be folded into swans or for there to be a neat triangle fold at the end of your toilet roll. We try and choose hotels that are safe, locally owned and run, have character and are well located for accessing the planned sites and activities.



Simple Hotel / Guest House: You should expect simple but clean rooms, sometimes en-suite, but some will have shared facilities. Rooms will often hold two to four beds, occasionally more. Guest houses are often less formal than hotels but that often comes with more character, a welcoming host family and/or unique features.

Homestay: Homestays involve living with a local family. We will always have at least two or three students in each house, sometimes more and all homestays in a village/town will be within walking distance of each other. You'll often eat breakfast with the family, but other meals with the group. Be prepared to brush up on your sign language to make yourself understood as few homestay hosts speak English. You'll be surprised at how well you can communicate!

Fixed Camp with Facilities: Expect to sleep in either fixed multi-share tents or two or three person tents set up specifically for you group. Facilities are likely to include toilets (possibly of the squat type) and showers possibly with additional communal buildings for eating and gathering.

Wild Camp with Limited Facilities: On a wild camp you should expect very basic limited facilities. You'll be sleeping in tents or, if in a jungle environment, possibly a hammock. If the weather is good, then there may be the opportunity to sleep out in the open. The toilet is likely to be a hole in the ground, covered by a toilet 'tent'. Showers are unlikely, but you may be given a bowl of warm water in the morning to wash. What you lose in comfort is usually more than made up for by the spectacular surroundings and amazing hospitality of our camp staff.

Environment & Place

The environment can be the biggest challenge on an expedition. The locals are used to it, but to you it will be an alien environment and you will have to learn to adapt. This may be a struggle initially, and be uncomfortable for a few days, but give it time and you'll soon get used to it. Learn to look through any initial discomfort and look around at where you are and what you're experiencing. The environments you'll encounter on this trip include:

Mountains: Mountains have their own weather systems so be prepared to experience heat, cold, rain, wind and sun – sometimes all on the same day! If at altitude (2,500-3000m+) you may feel slight effects of altitude with headaches and not sleeping well until you have fully acclimatised. All our itineraries allow for good acclimatisation. Our guides are very experienced and will be looking out for you.

Poverty: Poverty in the UK is very much in existence, but it's usually masked by clean streets, good infrastructure and a temperate climate. When you visit many of our destinations poverty has a completely different look and feel: discarded rubbish, animal (or human) waste, stagnant water, poorly maintained roads and pavements and basic housing. Add in barefooted children in often dirty clothes and you will soon understand what we mean. Experiencing this can be unpleasant as you would never wish this upon anyone, but we live in the real world and sometimes the real world isn't pretty. Our trips are designed to open your eyes to all aspects of your destination.

Malaria: Your trip travels to an area of 'high' malarial risk. On the advice of our Medical Advisor, STC Expeditions has a policy that all participants must take anti-malarial prophylaxis if you wish to travel on this trip. Our specialist Medical Advisor will provide vaccination and malarial advice helping you decide on which medication to source from your GP or travel clinic prior to travel. STC Expeditions reserve the right to refuse travel to those not taking anti-malarials.

Modes of Travel

Transport on this trip will be by:

Bus / Coach: We use good quality, privately owned buses. We do not use



public buses. All buses have seat belts and been safety checked to at least minimum local standards, if not western standards. All drivers are known to and trusted by our local partners in country and have their driving hours limited in line with EU rules.

Trekking: This mode of transport is as old as time and is tried and tested to ensure you can absorb all the environment has to offer! Your feet, legs and back/shoulders may get sore so it's important to look after them (and get fit before you start!) There's no getting away from it, walking uphill can be uncomfortable, no matter how fit you are, so expect to be out of breath at some point. At times it might be challenging, but all our treks are achievable by people just like you, so supporting each other in the team is crucial. The best thing? Trekking can take you to amazing, remote locations that buses, trucks and bikes simply can't. Yes, it requires effort but the rewards are great but you will have earned the feeling of accomplishment afterwards. A great bonus is that often you're away from light pollution and the stars will be utterly fantastic! You won't need to trek with a full backpack, just a day sack of around 25/30 litres.

Cycling: A great way to cover lots of ground quickly whilst being immersed into a culture, cycling is a fantastic way to meet loads of local people. Cruising along with the wind in your hair (and helmet!) eating flying bugs as you go! What more could you want? Remember you will get hot and sweaty as it can be quite strenuous, especially when you start to go uphill. You'll be glad you did some training! You may be covering more distance by human power than you have ever done so make sure you stay hydrated and eat/sleep well! You will need the calories to continue the next day. It can be uncomfortable sat in the saddle for multiple days in a row, so

get if you're doing a multi-day cycling trip then yourself some proper cycling shorts. We always have an experienced support team and vehicle on our cycling trips.

Trains: Trains are a great way to mix with the locals and see the world passing by your window. If it's a day time journey, we'll book individual seats for everyone in the group.

Internal flight: Internal flights and the airlines used will vary depending on your destination. However, they are always reliable, good quality airlines with good safety records. In some places, internal flights can be on planes that are much smaller than you might be used to if flying around Europe, but they're a great way to ensure we avoid hours and hours in a bus!

Trip Cost and Group Size

Our price to the school for this trip varies between **£4,450.00 and £4,800.00 per person**, depending on group size.

We aim for our tours and expeditions to be essentially fully inclusive. There are, however, some things we can't include in our price to the school – please see the 'What's not included' section below.

We price our trips based on different group sizes and price 'breaks'. A minimum of 15 paying participants to required to make the trip viable.

What's included?

The following is included in the price to the school:

- All accommodation, activities, entrance fees and transportation as per itinerary, unless marked 'optional'.
- Meals as described in the day to day itinerary
- International airfares and pre-paying taxes
- Bi-lingual, first-aid qualified STC Tour/Expedition Leader whilst in Peru with further local guides at sites as required
- Pre-travel training programme as detailed
- ATOL financial protection
- Cancellation, Medical Emergency and Repatriation Travel Insurance (see below)
- Group First Aid Kit & Medications Pack

- 24-hour emergency response and management
- All pre-departure services including BS8848 safety management, risk assessments, planning fees (£200pp) and final travel documentation.
- Carbon Mitigation of flights for the whole group.

What's not included?

We aim for our tours and expeditions to be essentially fully inclusive. There are, however, some things we can't include in our price. Our price to the school does not include the following, which the school may have added an additional fee for:

- Transport to airport in UK
- Drinking water & soft drinks (we discourage the use of single-use plastic water bottles and will be giving advice on filter bottles and the purification of water)
- Visas if required (see country information for more details)
- Any required inoculations
- Personal spending money – to cover souvenirs, postage, snacks, drinks, optional activities/entrance fees
- Airport departure taxes to be paid locally (if required)
- Tips for guides, drivers and support staff: (we suggest allowing \$60 per person for this trip.

Country Information

Full Country Name: The Republic of Peru

Area: 1,285,220 sq. km (496,225 sq. m)

Population: 31.7m (2016 estimate)

Capital City: Lima

People: Indigenous (45%), Mestizo (37%), European/White (15%), other 3%

Language(s): Spanish is the main language spoken in Peru. It's not only home to the official language of Spanish, but it also preserves the Quechua, the indigenous language of the mighty Inca Empire. Quechua is estimated to be spoken by 13% of the population and was made an official language in 1975. However, what arguably makes Peru so unique and extraordinary is the interspersed of a further 150 native languages.

Religion(s): 81% Roman Catholic, 2% other denominations, 16% unspecified or none

Time: GMT -5 hours

Country overview:

Peru is a country in South America, situated on the western side of that continent, facing the South Pacific Ocean and straddling part of the Andes mountain range that runs the length of South America. Peru is bordered by Ecuador and Colombia to the north, Brazil and Bolivia to the east, and Chile to the south. The main attractions are the archaeological patrimony of pre-Columbian cultures and the hub of the Inca's empire, cuisine, colonial architecture and the natural resources.

Geography:

Peru is one of the most bio-diverse countries in the world, containing 83 of a possible 103 types of ecological zones. The capital, Lima, is located in the narrow desertified coastal shelf that runs almost the entire length of the country. Eastwards, the Andes rise steeply to snow-capped peaks reaching over 6,000m. The range is characterised by high plateaux, deep canyons and spectacular mountain passes. The Cotahuasi Canyon in southern Peru is twice as deep as the Grand Canyon. Heading further east, the Andes give up their snow covered slopes to cloud forest, and ultimately, to the upper reaches of the Amazon.

Climate:

Peru is at its best between early June and late September. During this time the weather in the mountains is characterised by clear blue skies and sunshine and the days can be warm. However, due to the altitude the nights are cold, with temperatures frequently dropping to near freezing. The main rainy season runs from November to April with the mountains often obscured in cloud, and frequent rainfall. The coastal belt, including that around Lima, is affected by cloud, fog and drizzle for much of the year.

For more detailed information on Peru's climate, please visit the World Meteorological Organization (WMO) website on following link:

<http://worldweather.wmo.int/en/country.html?countryCode=PER>

Cultural considerations:

Peru is mainly a conservative country. Respect local traditions, customs, laws and religions always and be aware of your actions to make sure they don't offend. For more information see <http://www.guide.culturecrossing.net>

Regulations: Red Tape:

A full passport is required for travel to Peru. No additional period of validity is required, but we recommend good practice of passports being valid for 6 months after your return date, in case advice changes at short notice. British passport holders do not currently need a visa to enter the country as tourists. However, travellers must be in possession of a return air ticket, and if entering Peru overland from another South American country a yellow fever vaccination certificate may be required.

Departure tax: There is a local tax of approx. \$5 per person payable on domestic flights within Peru. International departure taxes are now usually included in the cost of your flights.

Inca Trail Permits: There are strict regulations governing the Inca Trail and the application process for trail permits. Permits are released approximately 6 months in advance and we must have individual passport details to apply for permits. If your passport needs renewing prior to your departure then ideally, we need to apply for your permits with your new passport details. If these are not available at the time of permit application, then we will apply with your old passport, but you must supply us with a scanned copy of your old and new passport (when it is available).

Foreign Office Advice:

Before travelling, you should familiarise yourself with up to date Foreign Office advice for travel to Peru. This is available from: <http://www.gov.uk/foreign-travel-advice/Peru> and contains useful information including advice about safety and security, health and entry requirements.

Health & Vaccine Information:

Shortly after booking, all our groups receive a trip specific health and vaccination briefing letter from our

medical advisor. If you want to look up the latest health advice and recommended vaccinations for your destination prior to booking, please visit the TravelHealthPro country specific website on the following link:

<https://travelhealthpro.org.uk/country/177/peru>

Venture Provider

STC Expeditions is the venture provider for this trip (as defined in British Standard BS8848), holding overall responsibility for safety and operations.

Leader Team

The Leader team for this expedition will be made up of:

STC Leader: An experienced tour/expedition leader will accompany the group when in country. By using leaders from your destination, we ensure our clients get the best possible in-country experience. Students and teachers regularly tell us that our leaders are a vital part of the success of our trips, providing an invaluable insight into local customs, history, flora, fauna, geography, politics and much more. They also have detailed knowledge of the local environmental and safety issues that groups could potentially incur and are thoroughly trained by us in their responsibilities and emergency procedures. The STC Leader has overall responsibility for directing the logistics of the trip and ensuring the safety of each and every person participating.

As a minimum requirement, all STC Leaders must:

- Be over 25 years of age
- Have at least three years' experience leading relevant trips in the destination
- Have suitable professional qualifications (e.g. mountain guide qualifications, tour leader certificates), as applicable to the trip.
- Hold an in-date, appropriate first aid certificate.
- Have clear police/background checks and references to the fullest extent available in the destination.
- Have attended an STC Leader training day and been selected by STC UK staff as being appropriate to work with our groups.

School Leader Team: This is made up of a minimum of two teachers, one of each gender (if a mixed group). The school leader team support the STC Leader in aspects of pastoral care issues of participants and the implementation of school policies and appropriate guidelines.

Pre-departure information

In the build up to your trip, we will be providing detailed information and training sessions to enable participants to plan and prepare as thoroughly as possible for this trip. This information will include advice on:

- Confirmed travel arrangements
- Health & hygiene advice
- A comprehensive kit list
- Culture & history of your destination
- Sources of further information about your destination
- Passport and visa requirements
- Trip specific vaccination and medical advice from Travel Health Consultancy Ltd.
- Money matters including, if appropriate to your trip, fundraising ideas and entrepreneurial schemes
- Language – basic phrases
- Expected fitness requirements (a training programme will be available on your booking page)
- Roles, responsibilities and expectations of participants
- Responsible tourism advice and suggestions
- Code of conduct
- What to do in an emergency and emergency contact information

Pre-travel meetings/training

Preparing students for their upcoming adventure is a vital part of safety management and an opportunity to teach important life skills. The training given to students prior to this adventure is made up of the following:

Fundraising and destination planning (Expedition Training 1): This approximately 2-hour session includes group discussion, debate and advice sessions on how to raise the expedition funds and also research the destination. This usually takes place 1 – 2 months after launch and covers:

- Destination & culture research – sources of information to help you get the most from your expedition experience.
- Team building games
- Fundraising & event planning – as a team and individually

Responsible Tourism workshop, Safety management and kit (Expedition Training 2):

This afternoon / evening totals about three hours, usually arranged four to six months prior to your departure. First, an ethical tourism workshop looks at the subject of responsible tourism, ethical dilemmas whilst travelling and how to have a positive impact abroad. Topics include:

- Water usage
- Cultural considerations
- Ethical volunteering
- Positive and negative impacts of travel

The second half of the session covers the following elements and is ideal to combine with parental information sessions on kit, packing and safety briefings. We usually invite the parents to the last hour of this training session to help understand and feel comfortable with all the final information prior to departure of the trip. Topics covered include:

- Group safety
- Roles & responsibilities
- Personal safety training
- Health & hygiene training
- Kit & how to pack
- Crisis and Communications



How to book

To confirm your place on this adventure, you need to do the following:

1) Complete an STC Expeditions online booking form:

This collects personal contact details, next of kin, passport and medical information. If under 18 years of age, this form MUST be signed by a parent or guardian AND the student travelling. It is important that the booking form is completed in a prompt timeframe to enable our medical advisor to give initial clearance for all participants wanting to join the trip. Should we have any questions regarding medical conditions, we will contact the parent/guardian for more information.

To complete our booking form, go to www.thestc.co.uk, click on "Login" and then "Create an account". Follow the instructions on screen to set up your user account. **[Please make a note of the username/email used – see below]** Then, when prompted to enter a booking reference, use the following code: **2024-farmors-peru**

Your username: The username/email (and associated password) used to set up your account above provides on-going access to our portal. You will need this to log back in to our system at various points in the build up to your trip. You will be able to view any trip documentation online (e.g. kit lists and pre-departure information) in the run up to departure. In addition, should any of your personal details change (e.g. a passport needs renewing or you need to update your medical information) you can log back in and change the details on our secure site.

****** The deadline for completing our booking form is: 07/10/2022 ******

If we do not receive your completed application form by this date a late booking fee of £50 may be applied due to additional administration work on our behalf.

2) Pay a deposit to school:

The deposit for this trip is: £400.00 per person. Please refer to the letter from school for details of this. Deposits should be payable to the school please, NOT to STC Expeditions.

Safety & Attitude to Risk

Safety is our number one priority and we take the welfare of our clients and those who work on our trips extremely seriously. We have comprehensive safety management systems in place, including areas detailed below. If you would like to know more, please ask for a copy of our Safety Management System.

British Standard 8848:2014: All trips and expeditions provided by STC Expeditions conform to British Standard 8848:2014 (a specification for the provision of visits, fieldwork, expeditions and adventurous activities outside the United Kingdom) as declared by The Young Explorers' Trust on the basis of the operating procedures and safety management systems evidenced on 20th January 2020 and a sample of ventures examined to the year-end 2019.

Trip selection: Each journey and expedition has been tailor-made and researched with school groups in mind.

Leaders: Each trip is accompanied by a full time professional leader, trained in first aid, critical incident management and the complex art of managing logistics.

Risk Assessment: Country and itinerary specific risk assessments are provided prior to departure. In addition, your leader has the training to dynamically risk assess your journey when on the road. Group management risk assessments are provided to assist lead teachers. Copies of risk assessments are available to all stakeholders and can be obtained by contacting STC Expeditions on 01392 660056.

Water activities: On all our trips there may be opportunities to swim and whilst we cannot guarantee that there will be lifeguards on duty in all locations, any swimming or water activity is covered under our safety management system. Swimming capability of each participant is asked on our booking form and specific permission sort from parents/guardians as to whether participants are allowed to swim in certain locations (e.g. swimming in inland lakes and rivers, the sea, swimming pools).

Third Party Providers: On all our trips and expeditions, we use one or more third party providers in your destination

to deliver certain services, including accommodation, transport and specialist activities such as trekking and white-water rafting (if applicable to your trip). All these providers are pre-checked by us in line with our Safety Management System and Standard Operating Procedures.

Crisis response: 24-hour emergency back-up and critical incident support is on hand in the unlikely event of an incident whilst overseas.

Communication: Each group carries satellite, radio and/or mobile communications as your itinerary and terrain demands, ensuring communication is possible in all situations.

Accommodation & transport: All accommodation and transport are risk assessed and checked by local operations teams. Minimum requirements for vehicle standards and driver hours are enforced through contractual agreements with our in-country partners.

Insurance: £5,000,000 public liability insurance is in place and personal travel insurance covering cancellation, medical treatment and emergency repatriation is included for all those travelling.

Pre-travel screening: All travellers are medically screened by our independent medical advisor to ensure they are fit and healthy to undertake your chosen journey.

Covid: We have updated all our operational guidelines to take account of Covid and ensure our groups are as protected as possible whilst overseas. Please contact us if you would like to see a copy of our Covid related risk assessment. Please note: an increasing number of countries now require evidence of covid vaccination on entry. Covid vaccination requirements may change or be brought in at short notice. It is the responsibility of the traveller to ensure they are up to date with the necessary vaccination requirements in order to gain entry into the destination.

Travel Advice: All tours and expeditions are run within The Foreign, Commonwealth and Development Office (FCDO) travel advice. FCDO advice is monitored daily and tour operators have the resources to react quickly should that advice change.

Pre-trip training: Students and staff are given the necessary training and skills to safely undertake each journey. Some of this training is provided by us, some by external companies as necessary.

Evacuation: We have an emergency evacuation plan in place for each day of the trip, detailing the nearest medical facilities and places of assistance. Whilst helicopter evacuation is theoretically possible in Peru, in reality it is often quicker to evacuate casualties by minibus or ambulance. The estimated evacuation time from the most remote point on this trip to a good standard hospital may be in the region of 9 hours or longer, as the actual evacuation time may be affected by outside factors such as: weather, daylight hours, severity of incident, groups fitness levels, resources available and ground conditions. If you would like to see a copy of our emergency evacuation plan then please get in touch.

Altitude and acclimatisation: This trip goes to high altitude (max 4700m). We plan our ascent profiles for our treks very carefully to ensure they remain within internationally approved guidelines for acclimatisation. Our tour/expedition leaders are also extremely experienced in spotting and dealing with altitude related issues. Should you have any questions about altitude issues then please don't hesitate to get in touch. Our independent medical advisor will, in due course, advise whether students would benefit from the use of Diamox, a drug which aids acclimatisation, on this itinerary.

Malaria: This trip goes to a malarial area. Advice and training will be given re bite avoidance and our medical advisor will be writing to the group in good time prior to departure to recommend suitable prophylaxis malaria tablets. If you would like to know more about this in advance, please see the Health & Vaccine Information' link in the above Country Information section.

Declaration of Risk: Ventures that include adventurous activities involve exposure to accepted elements of risk, challenge and adventure greater than those normally encountered in everyday life. Whilst such activities provided by STC Expeditions are subject to exacting safety management processes, it cannot be guaranteed that all possibility of resultant injury to participants, or others, is eliminated.

Travel Insurance

We have arranged specialist group medical travel insurance for all our clients. This includes cover for all activities featured as part of your trip as well as cancellation (including Covid related reasons) prior to departure. Full details of cover and conditions will be in the Policy Document, available upon request approximately one month before departure. The example cover and limits shown below apply to each Insured Person. This policy is primarily to cover cancellations and emergencies overseas. It does NOT include cover for personal possessions – it is an individual's responsibility to insure possessions when travelling with us, if required. Medical and repatriation cover is included for pre-existing medical conditions (PEMC) declared to us on our booking form. Cover for cancellation due to PEMCs is not provided.

Overview of Sums Insured

Cancellation: Up to Value of Trip with an excess of £75.

24 hr Emergency Medical,

Repatriation: Up to £10,000,000 with an excess of £75*

Personal Liability: Up to £2,000,000

Personal Accident: Up to £25,000

For more details and/or a full copy of the policy, please get in touch.

Please Note: Any medical expenses incurred overseas if travelling against medical advice, or to obtain medical treatment, or after a terminal prognosis has been made will be excluded from cover whilst travelling overseas. Any medical expenses not verified by a medical report are also excluded.

**for Nepal, the excess is the first £500 of each and every helicopter repatriation.*



Responsible Tourism

We are the leading UK expedition company in responsible travel and the only to be Travelife and Child Safe Certified. Our ethos is to educate the next generation of responsible world travellers. You can rest assured any adventure planned with us will be sustainable and ethical.



Here are just a few examples which prove we practice what we preach:

- Carbon mitigation of all flights by donating to the charity Friends of Conservation
- We partner with Scottish rewilding charity Trees for Life www.treesforlife.org.uk and have committed to plant a tree for every person that travels with us.
- Pledged to Travellers Against Plastic
- Eco Car Club for staff travel
- Employing and training tour/expedition leaders from your destination
- Responsible tourism training to in country staff and within UK schools to students and teachers alike
- Policy against elephant riding and other unethical wildlife activities
- Fairtrade farm visits in our itineraries and use of Fairtrade coffee and tea in the office
- Culturally sensitive itineraries and Women's Perspective opportunities
- Global Environmental Clean Up project for groups to improve polluted coastal or inland areas in their destination

Payment Plan

In line with our Booking Conditions, the following is our standard payment plan for most trips, but please refer to the school letter detailing the specific costs and payment schedule for this particular trip.

- 30% of the trip costs are to be paid by 360 days prior to departure.
- 50% of the trip costs are to be paid by 180 days prior to departure.

- 80% of the trip costs are to be paid by 120 days prior to departure.
- 100% of the trip costs are to be paid by 75 days prior to departure.

Financial Protection

All the flight inclusive tours and expeditions offered by STC Expeditions are financially protected by the ATOL scheme. Our ATOL license number is 11054. On booking, the school will be supplied with an ATOL Certificate. Please see our booking conditions for further information or for more information about financial protection and the CAA website for more details on the ATOL Certificate: <https://www.caa.co.uk/ATOL-protection/Consumers/About-ATOL/>



Paying your Way

We strongly believe that students need their parents' permission to go on these adventures – but not necessarily their money! Students can consider paying their own way towards the trip and will find advice in our 'Stashing the Cash' fundraising guide on the online portal. In our experience, students come up with the best and most entrepreneurial ideas which look great on their CV or potential university applications. Examples could include getting a Saturday job, babysitting or tutoring.

Booking Conditions

By booking a place on the trip, you confirm that you accept our booking conditions which can be found on our website at the following address: <https://www.thestc.co.uk/assets/uploads/general/The-STC-Group-Terms-and-Conditions-v7.pdf>

Privacy & Data Collection

As part of a booking, we need to collect a variety of personal details, including sensitive personal information, in order to fulfil our obligations as a tour operator and to ensure the safety of all participants. We have comprehensive data security procedures in place and process data in accordance with the Data Protection Act 2018 (GDPR). We will not sell, distribute or lease your personal information to third parties unless we are required by law to do so.

For more details on how we process data, please visit our website: <https://www.thestc.co.uk/privacy/>

Relationship with the School

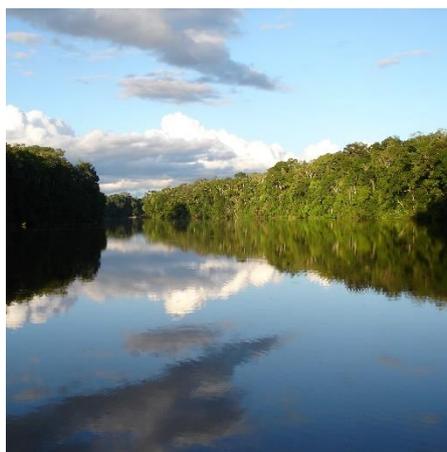
When we run an overseas trip for a school we contract with the school for the delivery of the travel arrangements and any pre-trip programme. We also contract directly with the parents/guardians through our terms and conditions which govern responsibilities of both parties, cancellation policies, changes and liability. Therefore, in terms of health and safety, we work in partnership with the school's Senior Management and/or Head Teacher. This means that we also work with the school's Operating Authority, (if applicable) meaning the trip is signed off by an external body.

How to contact us

We love to talk travel. If you have any questions about this information or want to know more about us as a company then you can find us here:

STC Expeditions
Unit 6B, King St Business Centre
Exeter
EX1 1BH

Or telephone via: 01392 660056
For email: schools@thestc.co.uk
And Web: www.thestc.co.uk



Peru

