

Community Empowerment  
through Architecture  
Options in Peru, Swaziland  
and Belize

# Peru - Building Clean-Burning Stoves in Cusco

## Overview

### Includes;

- Accommodation in shared room at a homestay
- 3 meals daily during program
- English-speaking, on-site group leader
- Airport transfers
- All transportation to project sites
- Group excursion to Sacred Valley and Machu Picchu & cultural activities
- US \$3Million liability insurance to protect your University and your participants

### Does not include:

- International flights
- Medical Insurance (can be included for additional fee)
- Visas (not required for Australian citizens, may apply for other nationals)
- Tips and Gratuities
- Airport taxes or fees
- Personal expenses and baggage fees

## The Project

During your visit to Peru, you will be working on a project that reaches residents living on the outskirts of the city in Cusco. Traditionally, families cook on open fires within the home, and this results in a high incidence of respiratory and lung problems. This initiative builds cleaning stoves within the homes - using ceramic plates and locally-made bricks. Not only does it remove the smoke from the family homes, but with more efficient burning, means families need to gather, buy or chop down less wood for their cooking and heating needs



## Itinerary

### Day 1: Sunday - Arrive in Cusco (L,D)

The group will fly into Cusco's Alejandro Velasco Astete International Airport (CUZ). At the airport upon arrival you will be welcomed by your group leader who will escort you for the duration of your trip. From here we will drive a short 10 minute ride to our accommodation, where we will be for the rest of the program.

We will enjoy a welcome dinner together on the first night.

### Day 2: Monday - Orientation (B,L,D)

Today we will have an orientation to the program and the city. We will learn more about the culture of Peru, the importance of the project and the impact it has on those in the community.

**Day 3-6: Tuesday - Friday - Project Work (B,L,D)**

For the rest of this week we will spend our days working on our volunteer projects. We will travel together to the sites where we carry out our building work and return to our hostel at the end of each day.

In the evenings, the town centre, with its coffee shops and street stalls offer us an opportunity to buy souvenirs, relax, check out local bands and a host of other activities

You will have the opportunity to explore some of Cusco and its beautiful cobblestone streets.

**Day 7: Saturday- Sacred Valley Tour (B,L,D)**

Today we will venture outside the city on a tour the Sacred Valley and famous Incan ruins.

The Sacred Valley is considered the heartland of the Inca Empire. Star attractions are the markets and the lofty Inca citadels of Pisac and Ollantaytambo, and the ruins scattered along the mountainside. We will enjoy a picnic lunch in the area as well as a guided tour. We will learn more about the history and culture of the Inca and why the Sacred Valley was so important.

We will then return to our homestays for dinner and some relaxation.

**Day 8: Sunday - Day Off (B,L,D)**

We will have the day off today to explore Cusco or relax with our homestay families. Our group leader can help us to explore the city, book some excursions or take in some local markets.

**Day 9-13 Monday-Friday- Project Work (L,D)**

We will continue our work on our volunteer projects. Building on the amazing work we have already done and continue to help the community. We will return to our accommodation at the end of each day.

**Day 14: Saturday- Machu Picchu (L,D)**

If the option is chosen, the group will head to the famous Machu Picchu today. Machu Picchu was built in the 15th century as part of the Incan empire and stands some 7,000 feet above sea level. The ruins are a symbol of the Incan culture that was the largest Pre-Colombian American empire and demonstrates the history, culture and impact on the region.

If we chose not to go to Machu Picchu we will have a free day to explore the city and do some shopping.

**Day 15: Sunday- Departure (B)**

All good things must come to an end, and today we will head back to the airport for our flight home.

**Accommodation**

For the duration of the program the group will be staying with local homestay families based in Cusco. The families have hosted students before, and are welcoming and friendly. Rooms are single-sex and shared with other participants on the program. Bed linens are provided, but it is recommended to bring your own towel. You will be sharing the house with the rest of the family and will also share meals with them. Breakfast and dinner are usually at home, while lunch will be a pack up.



# Swaziland - Building Local Infrastructures

## Overview

### Includes;

- Accommodation in shared volunteer house & safari tents with mattresses
- 3 meals per day throughout program, unless otherwise noted
- English-speaking, on-site group leader
- Airport transfers
- All transportation to project sites and excursions
- Group excursions: Krueger National Park (included), Malotja and Zip-lining (optional extra)
- US \$3Million liability insurance to protect your University and your participants

### Does not include:

- International flights
- Medical Insurance (can be included for additional fee)
- Visas (if required)
- Tips and Gratuities
- Personal expenses and baggage fees

## The Project

You will work alongside local builders and construction workers, as well as community members. Volunteers will help on projects with the most need and your role may be varied. From digging, to painting, building walls or creating floors. Volunteers may be working on constructing basic shelters, school buildings, gardens, water systems and other structures for the community. We will learn closer to the start of our program which project is underway for us to focus on.



## Itinerary

### Day 1: Saturday- Arrive in Tambo

The group will fly into O. R. Tambo International Airport (JNB) in South Africa. At the airport upon arrival you will be welcomed by your group leader who will escort you for the duration of your trip. From here we will be transferred to our local accommodation in Swaziland and spend the night near our project.

### Day 2: Sunday- Orientation (B,L,D)

Today we will have an orientation to the program and the community and village. We will enjoy breakfast together before heading out for a tour of the local village. We will do a cultural walking tour and get the chance to meet locals, learn more about the history and culture of Swaziland and the

importance of our project. We will have a self-serve group lunch together at our accommodation.

We will have some free time in the afternoon to relax or explore more of the village before enjoying a group dinner together.



### Day 3-7: Monday -Friday- Project Work (B,L,D)

For the rest of this week we will spend our days working with the local community. Our work will be varied and will change day to day but our basic tasks may include clearing and prepping land for structures to be built, making clay bricks, digging foundations for houses, building structures and roofing, fencing and developing gardens, painting, fixing children's play equipment and other tasks.

In the afternoon we will work on another project within the community. Each day we will vary but typical visits include the local orphanage to play sports and help children with homework, help in the community vegetable gardens, help with a homework or reading club, visit a local hospital or continue our building project.

Our onsite team will give us an overview of what our week will look like and what we can expect to do once our program dates are closer.

We will enjoy breakfast, lunch and dinner each day together.

### Day 8: Saturday- Malolotja Nature Reserve (B, L,D)

If we chose this option excursion we will head out to West Swaziland for a thrilling overnight trip. We will visit Malolotja, a nature reserve that has rolling mountains and is the perfect place to stargaze. We will stage in shared cottages on the reserve and will have the option of participating in one of the following; a guided ziplining tour over the gorges of the nature reserve or a guided hike of the beautiful landscape.

We will also enjoy a tour of the Iron Mine, a visit to Maguga Dam and Sibebe Rock, which is the second largest exposed rock in the world (after Uluru in Australia). We will also stop at a craft market where we will watch glass be hand blown and we can purchase some Fair Trade souvenirs.

We will enjoy a group dinner and spend the night at the nature reserve.

If we do not chose this option excursion we will have a free day to explore the local area near our project site.



### Day 9: Sunday- Return to Lidwala Lodge (B,L,D)

After soaking in the natural beauty of the nature reserve we will head back to our project accommodation. We will have some free time in

the afternoon before our group dinner to relax or go into town and explore.

If the optional excursion is not chosen we will have a free day to explore markets and relax.

### **Day 10: 12 Monday-Wednesday- Project Work (B,L,D)**

We will continue our amazing work at the project sites. We may be finishing up a house or helping local community members to garden. Again, our tasks will be varied but meaningful.

In the afternoon we may visit the orphanage or hospital and possibly the garden. Our onsite team will let us know what our plan is.

We will enjoy breakfast, lunch and dinner together.

### **Day 13-15: Thursday-Saturday- Kruger National Park (B,L,D)**

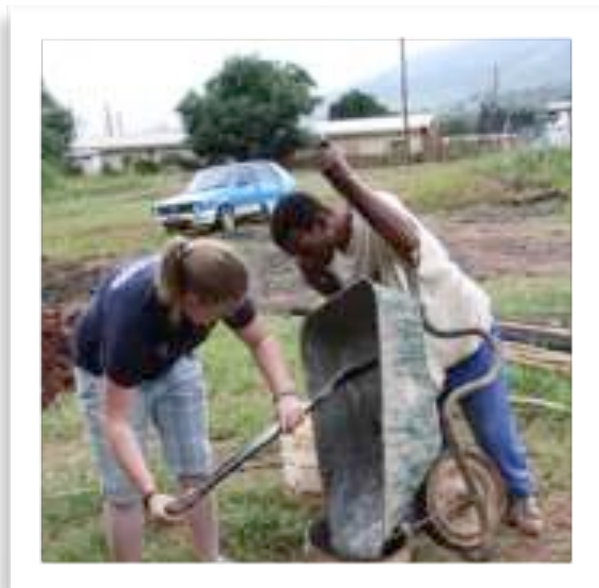
We will all get up early to enjoy breakfast before heading Kruger National Park for a 3 night tour!

Kruger National Park is one of the largest game reserves in all of Africa. All of the Big Five can be found in the park, lion, African elephants, leopard, buffalo and rhino. Spanning nearly 20,000 km<sup>2</sup> it covers a vast array of habitats and associated wildlife. It has an aura of ancient times and offers some of the best opportunities view Africa's big game. We venture on a four day tour into the heart of Kruger Park including three nights camping in the park and unlimited game drives exploring the vast wilderness with a knowledgeable guide.

Breakfast, lunch and dinner are included in our tour. It will be something truly amazing!

### **Day 16: Sunday - Departure (B)**

All good things must come to an end, and today we have to head back to the airport for our flight home from Kruger National Park. We will be transferred to OR Tambo Airport.



### **Accommodation**

The group will be staying in a volunteer house, located near the local village. The rooms are shared, dorm style and single-sex only. Basic linens are provided but each student should bring their own towel. There is a communal area for meals and relaxation for students to use.

# Belize- Building a Sustainable Home for At-Risk Youth

## Overview

### Includes;

- Accommodation in shared room a volunteer house
- 3 meals per day throughout program, unless otherwise noted
- English-speaking, on-site group leader
- Airport transfers
- All transportation to project sites
- Group excursion to Cahal Pech Archeological Reserve, Xunantunich Pyramids Paintball or San Antonio Ceramic Making
- Cultural Activities
- US \$3Million liability insurance to protect your University and your participants

### Does not include:

- International and domestic flights
- Medical Insurance (can be included for additional fee)
- Visas (if required)
- Tips and Gratuities
- Personal expenses and baggage fees

## The Project

This project is based in Georgeville, a suburb of San Ignacio - Belize's second biggest urban area. Located in the West of the country it is just a few miles from the Guatemalan border.

The project site itself is a fascinating initiative that is building sustainable housing for young boys and girls who are pushed out of the government orphanage facilities when they 'come of age' at 16. Many of these youth are left to fend for themselves with little or no support and often end up being recruited into gangs as they struggle to support themselves.

Our group will be focusing on the on-going construction work for the site. All of the work is done using sustainable materials, and using a compression design style. Work is still being done for the main dome houses, sanitation facilities, and ground maintenance. This will be a great opportunity for our group to learn about the sustainable building techniques (sandbag construction, car-tire roads, composting sanitation systems, etc) that are in use here.



## Itinerary

### Day 1: Sunday - Arrive in Belize (D)

The group will fly into Belize City (Philip Goldson International Airport). At the airport upon arrival you will be welcomed by your Kaya group leader

who will escort you for the duration of your trip. From here we will drive around 2.5h to the Cayo District and the town of San Ignacio, which will be our home for the next 2 weeks.

This evening, we head to our guest house and enjoy our first Belizean dinner.

### **Day 2: Monday- Orientation (B,L,D)**

For our first full day in Belize we will start with an all-important orientation. We will take a walk around the town, to find out where all the important areas are, including the banks, markets, post office and other areas of interest. We will learn how to ride the local buses and then receive the first of our talks by the local chief of Police, who loves to meet with volunteers and give a talk on all the best ways to stay safe in Belize.

After our local orientation we will make a start on our project orientation - learning the story of the program and establishing the activities that we will be getting involved with this next week. With any time left in the day we will get started with our first volunteer project of the week.

### **Day 3-7: Tuesday-Friday - Project Work (B,L,D)**

These next three days we will begin to work with some of the building projects on site. The work that is needed is constantly changing. For this group there should be opportunities to be involved with finishing the dining room and kitchen. This would involve plastering the building, construction of the indoor rocket stove, installing doors and windows and installing tiles on the floors.

Our primary work will be constructing houses out of sustainable and available resources, called Earthbags. They are two story building with a root cellar and upper area for sleeping. They help to support at risk youths who are too old to stay at orphanages but too young to fend for themselves.

We will have transport to and from our project site daily and will have breakfast, lunch and dinner as a group.

### **Day 8: Saturday - Mayan Ruins (B,L,D)**

After working hard on our project we will spend the day visiting mayan ruins at the Cahal Pech archeological reserve.

Cahal Pech was a hilltop home for an elite Mayan family and dates back to 1200 BC. It is considered one of the oldest Maya sites in Belize. It sits strategically overlooking the Macal River and the Mopan River, and is a collection of 34 structures. Sometime around 9 AD it was abandoned for unknown reasons.

In the afternoon we will enjoy a paint balling challenge nearby or visit the San Antonio Women's Group to learn more about traditional Mayan ceramic making and identity in Belize. We will then head back to our accommodation for dinner.

### **Day 9: Sunday - Free Day (B,L,D)**

We will have a the day off to do some exploring. Our Kaya leader can help to arrange a walk around town and maybe a visit to some markets.





We will enjoy breakfast, lunch and dinner together as a group.

### **Day 10-14: Monday-Friday - Project Work (B,L,D)**

We will spend the next few days completing the projects that we began earlier in the week.

In the evenings our Kaya group leader will help us to plan activities in the area. Some options include cultural open mic night at a cafe in San Ignacio or a walk around town, or visiting the local fruit markets.

### **Day 15: Saturday - Xunantunich Pyramids(B,L,D)**

First we will start our day with a visit to Xunantunich which is the site of ancient Mayan ruins. It is located atop a ridge, and is less than a mile from the border of Guatemala. The site served as a traditional ceremonial center and the seat of the king. In the Mayan language the name Xunantunich means 'Stone Woman' and it is said to refer to the ghost of a woman claimed to have lived on the site. We will enjoy a horse back ride to the Mayan temple and learn more about the history and culture of the Mayan people.

We will enjoy some down time in the afternoon to go shopping or relax.

### **Day 14: Sunday - Departure**

After an exciting trip in Belize, we will surely be sad to see it end. We will have a private transfer from our volunteer house back to the airport where we will all depart back to our home country.

### **Accommodation**

The group will be staying in a local guest house, that is a short walk from downtown. The rooms are single-sex and shared with other participants. Basic linens will be provided, but students should bring their own towels. There are common areas for the group to relax in and laundry can be done downtown for a small fee if needed.

