

Peru Summer Program



Language immersion, cultural insights, volunteering
and adventure travel

pacific discovery
insightful small group adventures

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Peru Summer Program Overview

This summer program gives you the chance to experience Peru's incredible cultural, social and environmental diversity. Immerse yourself in Spanish, volunteer and homestay with local families, bike and trek an Inca jungle trail to Machu Picchu, explore Mediterranean-like islands at 12,000ft on Lake Titicaca, wander the ancient cobbled stones streets, plazas and markets of Cusco and Arequipa, hike into the spectacular Colca Canyon, visit mysterious Nazca, sand-board the dunes at Huacachina and head off-shore to Ballestas Island.

This travel study abroad summer or gap year program is suitable for students, graduates and non-students, ideally 18-25 years.

Peru is a 'land of contrasts' vibrantly alive with enchanting and heart warmingly friendly people, many of whom are descendants of the Incas and retain rich traditions of language, colorful dress and lively music. It has stunning, diverse landscapes, from the highest snow dusted peaks of the Andes to the lush Amazon jungle. The food is fantastic. The language is surprisingly easy to pick-up. Wild life abounds – you're sure to see flamingos, condor, llamas and the elusive vicuna.

Program Dates

Summer 2011: July 2 - 31

Summer 2012: July

Program Start / Finish

Lima, Peru

Program Cost is USD\$3,950.00

Highlights

- One week of immersion Spanish Language - all levels catered for
- Homestay with local families in Cusco to enhance your language acquisition
- Volunteer afternoons during language week with organizations in Cusco supporting orphans and disadvantaged youth
- Explore historic Cusco, former capital of the Inca Empire
- The Inca Jungle Trail - mountain biking and jungle trekking to spectacular Machu Picchu
- 3-day white water rafting trip down the Apurimac River, headwaters of the Amazon
- Homestay with indigenous islanders on Amantani Island in the middle of Lake Titicaca
- Condors, camping and hiking in Canyon Del Colca (twice the depth of the Grand Canyon)
- Soak up the charms of beautiful Arequipa
- Mysterious Nazca - pre-inca cemetery and the option to fly over the Nazca lines
- Sandboarding at Huacachina
- Ballestas Islands
- Very personalized small group experience (compare with other programs of up to 40 students)
- Fantastic program leader supported by great local guides

"Traveling with Pacific Discovery has been one of the most personally rewarding things I have ever done. The program's small group sizes and focus on responsible travel allows you to interact with a country's local culture, customs, and environment on a much deeper level. I had the time of my life on the trip!" Mauri Lowrey

Pacific Discovery Program Content

Our programs are more than simply a travel or study abroad experience. We deliberately use an overseas adventure-travel environment to maximize the educational and life-skills potential for our participants. Each of our programs is designed to combine the following six interdependent components.

1. Educational component

Our programs are experiential education programs, meaning that learning is hands-on and tangible. For example, students will learn about a country's history and culture by immersing themselves in it - meeting local people and hearing life stories, first hand.

Experience on its own does not translate into learning. But learning from your experiences is important. To encourage 'learning from experience' our program leaders facilitate opportunities for participants to regularly reflect upon their experiences, and provide historical, cultural, geographical and environmental background so that personal experience can be connected with a broader understanding of place.

The educational component of our programs is multi-disciplinary and covers:

- ◆ Host country: history, politics, culture, geography, environment, environmental and social issues.
- ◆ Broader themes: globalization, development, conservation, religion, ethics and sustainability.
- ◆ How to travel: how to plan and keep safe, life on the road, ethical and sustainable travel.
- ◆ Outdoor education: where relevant, learning the soft and hard skills of a number of outdoor activities, such as backpacking, climbing, mountain biking, kayaking (varies by program).
- ◆ Group skills: how to work with a group, communication and trust.
- ◆ Development of personal leadership skills.

2. Volunteer component

Volunteer and community service elements built into our program itineraries allow participants to really immerse themselves in a place and share an experience with local people - bridging the gap that often exists between visitor and host. The rewards are tangible and often unexpected. Volunteer work helps build self confidence and self belief through participants having to learn new skills and take on new roles. Volunteer components vary by program. Examples of volunteer work undertaken by participants are building simple homes for marginalized poor, being a big brother/sister to an orphan, habitat restoration, species monitoring.

3. Cultural immersion component

Small groups mean that our participants are not travelling in a 'bubble' separated from local people. Instead we immerse participants in the local culture, through home-stays, volunteer projects, language study etc. Participants learn empathy for other cultures and build bridges of cultural understanding.

4. Travel component

Travel and the realities of 'life on the road' teaches a lot of valuable lessons - how to communicate and relate to people from different cultures, how to be happy with few possessions and a simple life, how to overcome temporary discomfort. Travel ultimately exposes participants to the myriad possibilities in the world and their lives and allows for personal growth free from the expectations of family, peers and co-workers.

Our goal is that participants will learn the 'art of travel' - what to take, how to plan, how to keep safe, how to find what you need in an unfamiliar place, the realities of life on the road. By the end of a program, we expect most participants will have learned the skills necessary to travel safely anywhere on earth.

5. Adventure education / Outdoor education component

Our programs are one long adventure. Aside from the fact that adventure can be a whole lot of fun, our programs are adventurous because personal growth occurs through challenge. We challenge participants at their own level, so that they can gain confidence through overcoming obstacles and challenges during the program.

A variety of outdoor or adventure activities are included in our programs, such as back packing, whitewater rafting, kayaking, rock climbing, mountain biking etc. These activities require physical effort, mastery of technique, teamwork and trust between members of the group, and immersion in the outdoor environment.

Pacific Discovery takes a 'challenge by choice' approach to the adventure components of our programs. We have had people from all levels of fitness and experience on our programs. Adventure activities and instruction are aimed at the novice/beginner level, however we are able to facilitate more challenge for people who are experienced in a particular discipline. Generally participants do need to have fitness at a level that they are able to comfortably walk for 2-3 hours with a small back pack.

6. Personal and leadership development component

By taking participants out of their comfort zone and challenging them physically, culturally and mentally, we encourage students to gain confidence in their abilities and provide a supportive group environment where they can grow.

All of the components provide an enormous opportunity for participants to learn about themselves, to push their boundaries, question their assumptions, to stimulate problem solving and inquiry skills.

By giving participants responsibilities and freedom within the framework and safety of a well designed and carefully managed program, participants are empowered, helping them become more capable and self-reliant.

"This experience changed my life...I made life-long friends...and had the time of my life. Volunteering with the kids and seeing their world was eye opening and rewarding. My home stay family was fantastic - they welcomed me as if I was one of their own daughters, and I still keep in touch with them. Everyone I communicated with was very patient with my Spanish skills. The adventure part of the trip was fantastic as well. I had never hiked or camped before this trip and had no idea how I was going to live out of a backpack for a month, but I learned and dove right into the experience. I can't explain how much fun I had hiking, camping, white water rafting and sand boarding. Peru is a friendly and breathtaking country, and I would recommend this trip for all looking for new experiences and challenges."

Caity Feindt

Peru Summer Program Details

Suitability

Open to students, graduates and non-students, ideally 18-25 years. You do not need to be proficient in Spanish. Prior to Spanish language classes you will be tested, to ensure you are placed in a level appropriate for your ability and fluency. This program is suitable for both beginner and experienced Spanish speakers. No prior travel, trekking or rafting experience is required. However, you should have a good base of fitness to get the most out of this program.

Group Size

The group is limited to 14 participants, with a Pacific Discovery program leader. English-speaking local guides join us, to assist with interpretation of historical sites, cultural experiences and activities.

Accommodation

Our accommodation will vary from welcoming homestays and camping with shared facilities, to modern hotels and guesthouses with private bathrooms. Laundry, postal, telephone and email facilities will be available most days, except while on expeditions. Accommodation is diverse, comfortable and carefully chosen to fit our needs.

Meals

Food is a highlight when traveling. Special dietary requirements and vegetarians are catered for. Over two thirds of meals are included in the program cost. The remaining meals are not included to allow us a choice of when, where and what we eat. For the meals not included, you will have the option of dining out, or self-catering with others in the group. We recommend you budget the sum of \$100 for meals not included in the program cost. Throughout the trip, there will be the opportunity to eat authentic South American or Western style food.

Transport

The itinerary has been designed to maximize comfort and safety whilst also giving you the opportunity to experience local transport and take part in daily life. We utilize private vans, boats, bikes, trains and donkeys, and take 1 internal flight within Peru.

Free Days

During the trip, we have free days reasonably spaced (approximately one per week), in towns or cities where there are sufficient facilities to allow you to catch up on personal needs such as resting, laundry, shopping, email etc.

Attitude

The program is a shared group experiences. We expect you to join the program with an open mind and a willingness to work together with your group mates to make the program an amazing experience for the whole group. Additionally, the program will be as much about the inner journey of personal growth and learning about yourself as it is about what you will experience in the outer physical journey. We expect you to be open to learning and challenging your ideas and assumptions.

Program Cost

Program cost is USD\$3,950.00

\$400 deposit due when you register; balance of program cost (\$3550) to be paid by May 1.

Included in Program Cost: Visa on arrival*; All in-country transport including one flight within Peru and departure tax; All accommodation; Most meals (see 'meals' above); One week of Spanish language classes and volunteer projects; All activities, excursions, entry fees and adventure travel as described in the itinerary; Experienced program leader/s and local guides; Online image library for your program.
*Note: A free 30-day visa for Peru is issued on arrival.

Not included in Program Cost: Travel (international flights) between your home and Lima, Peru (refer international flights below); Some meals (approx \$100); Travel insurance (approx \$150)

Optional activities (*not included with program fee*): Mountain biking (\$50) or horse riding in Arequipa (\$55); flight over the Nazca Lines (\$90). Note: costs are approximate.

International Flights (refer also page 22)

Flights from North America to Lima, Peru, return

Our travel agent can assist you to arrange international flights from the your nearest regional airport in the USA or Canada, to Lima, and return. You have the option of utilizing the flights recommended for this program, or arranging your own travel to/from Lima. If you choose to buy your international tickets through our travel agent, you will generally be travelling with other participants in the group. The ticket cost is approximately USD\$800. Pacific Discovery does not charge any fee or commission for assisting with flights – this is a free service that we offer to simplify program arrangements for you. Refer page 22.

Flights from other countries to / from Lima, Peru

Our travel agent will be able to assist you with flights from your country. You are also welcome to arrange your own flights/travel to and from Lima, Peru, for program start and at program finish. Please note that it is essential that you arrive in Lima for program start and a briefing/orientation. Please refer to page 22 for requirements of the dates/times to arrive and depart Lima.

Optional Extensions

Our program will surely have whet your appetite for further travel, and you may like to continue your adventures independently or with others in your group. At the time you make your international flight bookings, enquire about the options for a stopover elsewhere on your way home.

Academic Credit Options

Academic credit is an optional, but integral component of our semester, summer and gap year travel study abroad programs. Hands-on, out-of-class educational opportunities can be a more effective way of learning than following a conventional classroom routine. The value of these educational experiences is continually being recognized and credit opportunities are made available to the participants on our programs through the cooperative efforts of supporting faculty. If you are interested in earning credit while on a Pacific Discovery program, please review the credit available for this program (as shown below). If you have further questions, don't hesitate to contact us.

Seattle Central Community College (www.pacificdiscovery.org/credit-information.aspx)

Credit is available through the Seattle Central Community College Office of Cooperative Education and Service Learning, for individuals who wish to earn credit for a variety of travel experiences. Whether you are from the US, Canada, or elsewhere, you are able to undertake this optional independent-study credit while on a Pacific Discovery program. Most courses can be taken for 5 or 10 quarter credits (3 or 6 semester credits) and a maximum of 20 credits can be taken per quarter. This credit is available to any participant (worldwide) on any of our programs and is a particularly good option for gap-year students, under-grads and students wanting an economical credit option. Seattle Central is an accredited institution and credit may be transferable to your university or college – please check this with your academic advisor.

Courses of Study (print course outlines from the website)

HUM 291: Spanish Language Enhancement through Experiential Activities (5 or 10 credits)

EDU 291: Using the World As a Classroom (5 or 10 credits)

SSC 297: Travel/Study Experience (5 or 10 credits)

ITL 197: International Cooperative Education (5 credits)

ITL 198: International Cooperative Education (5 credits)

Language Immersion and Volunteer Overview

During our first week in Peru, we will spend our mornings (20 hours total) in Spanish Language classes with a maximum of 4 people per class. You do not need to be proficient in Spanish to join this program and these classes. Prior to Spanish language instruction you will be tested, to ensure you are placed in a level appropriate for your ability and fluency. The language school caters to all levels, from beginner through to experienced Spanish speakers.

We will spend our afternoons volunteering at different organizations within the local community that support orphans and disadvantaged youth. No specific skills are required for the volunteering, and activities will vary depending upon the organizations we work with. An example of the kind of assistance we may provide is helping children with their homework, giving them lessons in English, doing art projects with them, teaching them to cultivate plants in a sustainable way or playing games such as soccer and volleyball.

Program Itinerary

Day 1. Lima, Peru. On arrival in Lima transfer to our hotel and freshen up before program orientation. Following orientation we head out to visit the city's key sites – San Martín Square, the Government Palace, Basilica Cathedral, and The Catacombs – underground crypts from the colonial times. We'll enjoy our first group dinner in the evening.

Day 2-8. Cusco – Spanish classes and volunteering. Fly from Lima to Cusco, the former capital, and heart of the Incan Empire. Nestled in the 'Sacred Valley', Cusco has the feel of an enchanting old European city – welcoming people, narrow cobbled streets, old white-washed and orange tiled adobe homes. We have a language school orientation, before meeting our homestay families. During this week, mornings are spent immersing ourselves in Spanish, with lessons at the most contemporary language school in Cusco. Afternoons we volunteer with local organizations focused on education and assistance for orphans and disadvantaged youth. Evenings you'll enjoy with your homestay family. Day 8 we regroup at our hotel for a trekking briefing, and free time in the afternoon to pack.

Day 9. Sacred Valley of the Incas to the Amazon Jungle. We begin a fantastic 4-day journey to Machu Pichu, on the Inca Jungle Trail. An early morning start takes us by van into the Sacred Valley of the Incas, through Chincheros, Urubamba and Ollantaytambo until we reach the Abra Malaga pass (4350m). We then mountain bike downhill through cloud forest and exotic fruit plantations (mango, pineapple, papaya, avocado, coffee, and coca) to the small jungle village of Santa Maria. Tonight we'll dine and camp near the river.

Day 10-11. Jungle trekking to Aguas Calientes. Over the next two days we trek about 6 hours each day traversing jungle, canyons, spectacular waterfalls, hot springs, mountain views and archeological sites from Incan times. Birdlife is abundant and you are sure to see the Peruvian national bird, cock-of-the-rocks. He's an odd looking little fellow and definitely one to 'google' before you leave home so you know what you're looking for! Our first night is spent camping at Santa Teresa, and on arrival in Aguas Calientes we are rewarded with a comfortable bed (in a hotel) and the chance to soak in the hot springs.

Day 12 -13. Machu Pichu to Cusco. Hike up to Machu Pichu for sunrise and a breathtaking start to the day. After an informative tour of the sacred city, you'll have plenty of time to explore independently, and may like to climb Wayna Picchu. Mid afternoon we depart Aguas Calientes and catch the train back to Cusco, arriving late evening. Day 13 is a free day in Cusco to give you time to rest, do laundry and email, and explore this great city at your own pace.

Day 14-17. Apurimac Rafting. The Apurimac River is arguably the most direct source of the Amazon, making it the longest river in the world and our journey down the Apurimac is rated as one of the ten best rafting trips in the world. We spend 3 thrilling days running mostly class 3, 4 and 5 rapids, amongst the impressive granite walls of the narrow gorge, camping and lunching on white sandy beaches. Our very experienced guides not only carry us safely through these exciting waters, but also make a fantastic camp-side fire and wonderful dinners. Nights camped beside the river give us plenty of time to gaze up at the starry southern skies. Day 16 we return to Cusco by early evening, and Day 17 is a free day to rest and explore.

Day 18-20. Lake Titicaca and Island Homestay. The road to Puno and Lake Titicaca stretches across an arid moonscape of mountains, lakes, clusters of earthen homes and scattered herds of llama. After

a night in Puno we boat out onto Lake Titicaca, visiting the remarkable Uros Islanders, who live on floating islands made entirely of reeds (see the cover photo of this booklet). Our destination, the island of Amantani, has a distinctly Mediterranean feel. Its tranquility and simple subsistence lifestyle is alluring. We homestay with local families for the night, giving us ample time to explore the terraced slopes, significant hilltop ruins, swim in the highest lake on earth, and soak up the wonderful ambience. On our return journey to Puno the next day we'll stop at Taquile Island and hike across the island for lunch in the village square.

Day 21-25. Flamingo, Vicuna, Condors and Colca Canyon. We migrate through high desert, past lagoons and nature reserves that are home to flamingos, vicuna and llama. Late afternoon we arrive in Chivay town and enjoy a hike, hot springs and a planetarium show about the Colca Canyon. Early on day 21 we travel to Condor Cross for a glimpse of condor in flight, then begin trekking into the canyon. Crossing the Colca River in the floor of the canyon we ascend to San Juan de Chuccho village where we'll have time with the children and families from this valley. On Day 22 we begin ascending the canyon, stopping at villages along the way. We'll see old terraces used for cultivation, snow capped mountains, cactus forest and the mighty river of the Latica Canyon. Trekking on Day 23 and 24 takes us to waterfalls, over cliffs, river crossings by suspension bridge, and the luxury of hot springs at the end of the day. After a short trek on day 24 we're met by 4WD and driven back up through to the canyon, across the high desert, to Arequipa.

Day 26-27. Arequipa options. The city of Arequipa lies beneath the impressive 19,000ft volcanic cones of El Misti and Chachani. Closer to sea-level than Cusco or Puno, the air feels rich and warm. We again stay in the historical quarter, closest to the museums, plazas, markets and cafes. Our guesthouse, with its sprawling garden, swimming pool and hammocks, will feel like a home-away-from-home. Day 26 is a free day to relax – you'll want to after our fantastic trek in the Colca Canyon. On day 26 you have time to explore the city's historical sites independently, and the option of a mountain biking or horse trekking trip in the volcanic mountains around the city.

Day 28-30. Nazca Lines, Sand-boarding and Ballestas Islands. Farewell Arequipa for a fantastic journey north along the coast of Peru stopping at key points along the way to enjoy beautiful beaches, historic sites, and some great adventures. We'll spend a night at Nazca, and next morning have the option of a flight over the Nazca Lines. Our next stop is La Huacachina Oasis where we'll head out for an afternoon of sand-buggying and sand-boarding on coastal dunes – no experience necessary – apparently anyone can pick it up! On our last day we take a private boat out to the Ballestas Islands and cruise around the islands caves and arches spotting sea lions, pelicans, penguins, and dolphins if lucky. Back on the mainland we'll have a relaxing lunch poolside at a local hacienda, then drive to Lima completing the circle of our journey. We'll have a farewell dinner near the ocean in Miraflores, then transfer to the airport for the group flight which departs around 11pm.

Program Route Map



Country Information

Peru is the third largest country in South America. It is bordered by Ecuador and Colombia on the north, Brazil and Bolivia to the east, and finally Chile and Bolivia to the south. To the west lies the Pacific Ocean. Its population has more than 27 million inhabitants that speak Spanish, with others bilingual in Quechua or Aymara and other native languages.

Eastern Peru consists mostly of the moist tropical jungles of the Amazon Rainforest, the largest on earth. In the southeast along the border with Bolivia lies Lake Titicaca — the highest navigable lake in the world. The Altiplano plateau is a dry basin located along the slopes of the Andes in southeastern Peru. Along the border with Chile, the Atacama Desert is the driest place on the planet.

The first inhabitants of Peru were nomadic hunter-gatherers who lived in caves in Peru's coastal regions. Crops such as cotton, beans, squash and pepper chillis were planted around 4000 BC. Later, advanced cultures such as the Chavín introduced weaving, agriculture and religion to the country. By the early 15th century, the Inca empire had control of much of the area, even extending its influence into Colombia and Chile.

From 1526-28, the Spanish conquistador Francisco Pizarro explored Peru's coastal regions and, drawn by the riches of the Inca empire, returned to Spain to raise money and recruit men for another expedition to the country. Return he did, marching into Cajamarca, in northern Peru, before capturing, ransoming and executing the Inca emperor Atahualpa in 1533. Pizarro subsequently founded the city of Lima in 1535 but was assassinated six years later.

Peru won a brief war with Spain but was humiliated by Chile in the War of the Pacific (1879-83), which resulted in the loss of lucrative nitrate fields in the northern Atacama Desert. Peru again went to war, this time with Ecuador over a border dispute, in 1941. The 1942 treaty of Río de Janeiro ceded the area north of the Río Marañón to Peru but the decision was fiercely contested by Ecuador.

Cuban-inspired guerrilla uprisings in 1965 were unsuccessful, but a series of nationwide strikes coupled with a violent insurgency by the Maoist Shining Path (Sendero Luminoso) guerrillas caused political instability in the 1980s.

Poverty in Peru is high, with a poverty threshold level of 51.2% of the total population. However, the level is reducing slowly and it is expected to diminish to 20% of the population within 10 years.

Climate

Peru is located on the equator, in the tropics, so whilst technically winter when we visit, it is the 'dry season' in the highlands which makes it the ideal time for trekking. You can expect daytime temperatures ranging from 50 – 70 degrees. Overnight temperatures may be 30 degrees or less. On some days we will be in a more subtropical climate where rain is possible. At lower altitudes, you will find it pleasantly warm, and will want to bring swimwear for the inviting pool at our guest house in Arequipa. Please refer to the gear list when planning what to bring.

Leadership

Our programs succeed because we put a lot of thought into choosing our program leaders. We've selected a dynamic team of supportive, resourceful, experienced and highly organized people to lead our trips. Our program leaders are people in whom you can trust and confide, who remain objective whatever the circumstances and who take a genuine interest in your welfare and safety. They implicitly understand the importance of balancing the needs of individuals with group objectives, facilitating a high level of group cohesion, inspiring a genuine appreciation for the areas visited and an awareness of minimum impact travel ethics. All our leaders are trained in wilderness or remote travel first aid, group leadership and risk assessment/management.

Peace of Mind

Since its inception, in 2001, Pacific Discovery has taken over 1000 students, graduates, faculty, family and special interest groups, on experiential travel and volunteer tours, utilizing a staff of experienced and qualified program leaders. We have an excellent safety record, comprehensive Risk Management Systems and a database of alumni who are happy to be contacted for feedback. The program carries public liability insurance, and participant payments are held in trust account until disbursement. Bank, accountant and faculty contacts are available on request.

"I pushed myself to new heights, tried new things, took new risks. I made amazing friends that I shared some incredible experiences with. I came away from the program overwhelmed by the beauty of the countries we visited, and full of a new confidence in myself and a thirst for adventure. I really mean it when I say you have changed my life. Thank you" Katie Lane

Registration Information & Checklist

- ☑ Register online for the program and pay \$400 deposit (www.pacificdiscovery.org)
- ☑ Review the pre-departure information for this program in this booklet
- ☑ Obtain a passport, or check your existing passport is valid 6 months beyond program end
- ☑ Arrange your travel insurance (page 14) and flights or travel to/from Lima (page 22)
- ☑ **Before May 1st:**
 - Complete the online medical and passport form:
www.pacificdiscovery.org/bookings/medical-form.aspx
 - Submit your final payment. An invoice will be emailed to you one month before. If you register after this date, your final payment is due within 14 days of registering.
- ☑ Decide if you will take credit on the program and register for this:
www.pacificdiscovery.org/credit-information.aspx
- ☑ Start a fitness program – you'll want to be doing at least ½ - 1 hour of exercise, 3 times a week. Anything is good...swimming, running, walking, biking, hiking, sport, dancing. The fitter you are the more you'll get out of the program.
- ☑ Review the gear list and gear tips in this booklet, and start packing
- ☑ To make the most of your time in Peru, read/watch some of the books or movies recommended in this booklet

Any Questions?

Please don't hesitate to contact us.

Pacific Discovery

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"You will come back inspired in ways you never thought possible. I came back inspired about life. The people you meet will share stories and experiences that change the way you think about the world - to really gain knowledge and understanding of something, you have to experience it firsthand. I was challenged socially, mentally, physically, spiritually and came back a much happier, stronger person because of it. I have some of the best memories of my life on that trip and I am fortunate enough to have shared them with incredible people. For once in my life, I threw away logic, emptied out my savings account and did the one thing in my life I really wanted to do. You just have to open your mind and go after your dreams. The best of luck to all of you." Kelli Barnett

Pre-departure Information for Registered Participants

Travel Insurance

Pacific Discovery requires all participants to have a comprehensive travel insurance policy for the duration of the program. Details of your policy must be supplied to Pacific Discovery when you complete your online medical form. It is recommended that you purchase this within 14 days of registering for your program, to be eligible for maximum benefits.

What's the difference between health/medical insurance and travel insurance?

A travel insurance policy will cover you for more than just medical treatment. Most travel insurance policies should cover you for loss/damage of baggage; trip cancellation/curtailment; personal liability.

When selecting a travel insurance policy, be sure that you are covered for medical expenses including emergency repatriation, loss or theft of your personal belongings, personal liability and default of an airline.

Please be aware that most insurance policies do not cover expenses resulting from pre-existing medical conditions of which the insurance company has not been informed. If you have a pre-existing condition, it is essential that you inform both the insurance company and Pacific Discovery before traveling, for the safety of the group and yourself, and to avoid the possibility of having to meet emergency evacuation costs which can amount to tens of thousands of dollars.

The cost should be around \$150 for 1 month and the majority of program participants purchase travel insurance online from either:

STA - Student Travel (www.statravel.com > insurance)

Travel Guard International (www.travelguard.com/travelinsurance/)

Passports and Visas

Travel abroad requires a passport. If you don't have one, you need to apply for one as soon as possible. Passport application forms are available at either your central post office or county courthouse. Link to the US Government Passport website:
http://travel.state.gov/passport/passport_1738.html

If you already have a passport, make sure it is not within 6 months of expiring at program end.

If it will expire within 6 months of program end you will need to get a new one issued prior to joining this program, so please do this as soon as possible.

If travelling on a US, Canadian or UK passport, you will be issued a free 90-day tourist visa on arrival at Lima airport – so for this program, you are not required to obtain a visa prior to program start. At the end of the program you will have 60 days remaining on your free visa.

If travelling on another nationality passport, you may need to arrange your visa before arrival. Please contact us to discuss this.

Prior to program start we send out comprehensive pre-departure information that clearly explains the arrival and rendezvous procedure.

Health

There are no specific health requirements to participate in the Peru Program or to enter Peru. However, to maximise your enjoyment of the two trekking trips, it is important that you begin a fitness program several months before departure. As a guideline, prior to the trip, you should be able to comfortably hike with a day-pack for up to four hours.

We urge you to consult your physician regarding recommended vaccinations, and any foreseeable illnesses while traveling. This consultation needs to be at least two months prior to departure. Ask your physician about vaccinations for Hepatitis A, Typhoid, Yellow Fever, and check that your Tetanus and Polio boosters are up to date.

We recommend that you carry a personal first-aid kit as well as any personal medication. Please be aware that for legal reasons, our program leaders are prohibited from administering any type of drug. Please ensure that you are adequately prepared.

If you have any queries regarding health recommendations for travel, please contact your doctor to discuss this.

Spending Money

Spending money usually goes towards meals not included with the program, personal shopping, email and entertainment. We recommend you budget approximately \$100 for meals not provided, drinking water and snacks. You need to bring this money yourself, for meals. As shopping in Peru is relatively inexpensive we think you could easily get by on \$400 – so in addition to your meal money of \$100, this is approximately \$500 total. The amount of spending money you bring really depends on your budget and shopping habits.

We recommend bringing most of your spending money on two Debit/Credit cards (essential to have a back-up in case your first card gets lost or damaged). Visa or MasterCard with the star or cirrus symbol on the back can be used most places to withdraw currency from an ATM. If you are not sure about your bank card, then contact your bank to find out if their cards are accepted in other countries.

You don't need to buy any foreign currency before you leave home.

Keeping In Touch

The easiest way to keep in touch with family and friends while in Peru is by email and travel blog.

Pacific Discovery travel blog - www.pacificdiscovery.org/blog.aspx

This is available for everyone in the group to post to, and for friends and family to read. Details of how to post to the blog will be outlined at the program orientation in Lima. You are welcome to give this blog address to anyone who might be interested in reading about your adventures!

Make sure you can access you email account from any computer in the world - if you can't, a free Yahoo or Gmail account works well. Phone calls can be made easily and cheaply from internet cafes. Call charges are about USD\$0.20 per minute. Don't bother bringing a phone card from the US – they often don't work. By all means bring your cell phone (contact your provider to set it up for use in Peru) but be aware that call costs can be expensive.

Gear List

Traveling light is the 'ideal'. Everything you bring should fit into a backpack. Bring only what is on the list below and remember, the more space you have, the more you can take home. When selecting clothing to bring keep in mind that Peru is mostly a high desert climate and can be very cold.

Outdoor Clothing

- Comfortable 'worn-in' sturdy hiking boots - essential that they be well worn-in
- Sports sandals for rafting
- Hiking socks x 3 pairs
- Trekking pants
- Trekking shirt
- Thermal underwear - long top and pants, Capilene (or similar)
- Fleece or down jacket
- Fleece pants
- Waterproof rain jacket and pants
- Warm/woolen hat (ski hat)
- Warm gloves
- Sunglasses
- Sunhat

Regular/Casual Clothing

- Swimsuit
- Comfortable shoes (casual or running)
- 2 x jeans/trousers
- 2 x shirts/blouses
- 1 x warm light weight top (light fleece best)
- 2 x light weight socks
- 3 x cotton T-shirt/shirt/tank tops
- 5 x underwear
- 1 x pack-towel or lightweight bath towel.

Equipment

- Backpack to bring everything in
- Compact / collapsible duffel bag
- Small backpack for trekking and day trips
- Sleeping bag warm enough for temperatures down to freezing

Accessories

- Pocket knife
- Flashlight/headlamp (compact)
- Watch with an alarm/ travel alarm clock
- Camera
- Water bottle (min. 1 litre)
- One good book to share
- Personal first aid kit (refer below)
- Discman/iPod (optional)

Paperwork etc

- Passport & photocopy of same
- Air tickets & photocopies of same
- Travel Insurance policy details
- Debit/credit card, cash
- Travel journal (optional)
- Texts, syllabi, etc if taking credit
- Small flip photo album of friends, family, your home life, to show your trip mates and local people you meet

Toiletries

- General toiletries (toothbrush, tooth paste, soap, shampoo, sanitary needs etc.)
- Disposable contact lenses and solution
- Sunscreen and lip balm
- Hand sanitizer / sanitizing wipes

Personal first aid kit (should contain)

- Any prescribed medications
- Blister tape/moleskin for feet
- Pain relief (Tylenol, Ibuprofen etc)
- Antihistamine (for hay fever, bites, allergies)
- Eye drops
- Sting/bite relief spray or cream (insect bites)
- Tweezers
- Band-aids
- Antiseptic solution or powder
- Scissors
- Non-adhesive dressing
- Motion sickness pills (non-drowsy)

You do not need to bring (provided by our agent in Peru): tent, sleeping mat, camp stove, water purifier.

Do not bring: Hairdryers; electric razors; laptops; expensive, irreplaceable jewellery

Gear Tips

Please refer to the gear list and gear tips when you are packing for the trip. There's quite a lot of information here, so take your time and read through this carefully.

First of all, you don't need to go out and spend lots of money on the latest gear. In fact it's best to bring clothing and footwear that is comfortable and well worn in. Over the course of the trip, your pack and everything inside will take a beating.

Travel light: When you begin packing, you'll be tempted to bring more clothing than is on the clothing list because you still have room in your backpack – this is a fatal mistake! If we get one piece of advice from past participants it's consistently, "tell them to bring the absolute minimum".

Quick dry: Look at all the clothing you are planning to bring and think to yourself, "How long is that going to take to dry". This goes hand in hand with traveling light. As a general rule of thumb, clothing made from synthetic fibers like nylon, fleece, capilene, cool-max etc dries much quicker than woolen or cotton clothing.

Cultural sensitivity: Throughout Peru, people dress conservatively. In larger towns and cities people are used to international travelers, but whenever we are in rural areas and villages we expect you to wear pants, or knee length shorts/skirt, and have your shoulders covered.

Buying clothing in Peru: Peru's best buys are llama wool hats, scarves, ponchos and big woolly jumpers. Plan on bringing what you need for this trip, from home.

Your documents and how to keep them safe: You will want to bring a money belt or neck pouch. It's a matter of individual preference which you use. Into it (inside little zip lock bags to keep everything dry) will go your passport, air tickets, travel insurance card and the bulk of your cash. For day to day purchases bring a small pocket size purse or wallet. *Additionally* have photocopies of your passport, air tickets and travel insurance policy in a zip lock bag down the back of your pack. Make sure you also leave a copy these items in the loving care of folks back home – if you lose anything, having a copy will speed up replacement.

Clothing for activities

It will be sunny almost every day. Therefore sunhat and sunscreen is important. The environment is mostly high desert, so during the day you might get down to a t-shirt but it will be cool to freezing at night.

Inca Jungle Trail and Colca Canyon Trek: When trekking you will carry your backpack containing clothing, personal gear and sleeping bag. Porters will carry tents, stoves and food. You'll wear trekking pants, moisture wicking layers on top and hiking boots. You'll need to have warm fleece or down layers to put on in the evening. Burros (donkeys) will be our porters in the Colca Canyon. Any gear not needed on the trek will be stored safely in your duffel bag, at our guest house.

Apurimac Rafting: You will need a swimsuit for wearing under provided wetsuit. Shoes or sports sandals with socks on your feet. A set of casual clothing in the evening. The temperature at the campsites will be warmer than other camps as it is a lower elevation.

Amantani Island/Lake Titicaca: From being warm enough to summon up the courage to plunge into Lake Titicaca at midday, to freezing at night. The island is rugged, so bring hiking boots.

Clothing Layering

Staying comfortable outside is a matter of dressing to outwit Mother Nature. It's a balancing act between the climate, your activity level, exposure time and tolerance to heat and cold. Choosing the right clothing and layering it properly can make the difference between a pleasant outdoor experience and an uncomfortable (or even dangerous) situation.

1. Layering clothing is the best way to ensure comfort in the outdoors; it allows you to make quick adjustments based on your activity and the weather.
2. Each layer has a function: the innermost layer (against your skin) manages moisture; the middle layer insulates you from the cold; the outer layer shields you from wind and precipitation.
3. Fabrics that either pull moisture from your skin or retain warmth when damp are effective at maintaining your body temperature.

There are three basic stages in layering: an inner, moisture-management layer, an insulating middle layer and a weatherproof outer layer. You make adjustments depending on the degree of exertion and the outside conditions. The ability to peel off layers as you heat up and add them when you cool off is the key to this system.

Moisture-management layers: More than any other, the moisture-management layer influences how you regulate your body temperature. Have you ever worn a cotton T-shirt under your raincoat while you hiked or walked briskly? Even though you weren't getting wet from rain, you probably felt wet and cold. Trapped inside your clothing, perspiration can leave you chilled, no matter how well your outer shell fends off rain and snow. Cotton does an effective job of retaining perspiration where it can leave you feeling chilled. Your next-to-skin layer should not be cotton. Silk, wool and synthetic wicking fabrics such as Capilene®, Polartec® PowerDry® and CoolMax® polyester work to transport perspiration from the skin. Rather than absorbing moisture, these fabrics disperse it on the outer surface, where it can evaporate. The result: You stay warmer even when you sweat.

Insulating layer/s: The insulating layer/s helps you retain heat by trapping air next to your body. Polyester fleece vests, jackets and tights are good examples of insulation suitable for outdoor activities. They not only trap air but are also made with moisture-wicking fibers. For cold, dry conditions like Peru, goose down is great. Fleece is a favorite insulation material because it's lightweight, breathable and insulates even when wet. Plus, it dries faster and has a higher warmth-to-weight ratio than wool.

Shell or outer layer: The shell layer (jacket and pants) protects you from wind, rain or snow. If wind or water is allowed to penetrate to the inner layers, you begin to cool off. Without proper ventilation, perspiration can't evaporate. Instead, it condenses on the inside of your shell.



The shell layer should also be roomy enough to fit easily over other layers and not restrict your movement. Some outer shells have a layer of insulation built in, making them suitable for cold conditions, but not very good for the Peru program as they are not as versatile for layering in a variety of temperatures and are much heavier and bulkier.

Trekking shirt and pants: You'll be wearing these for days on end, so it is good to make sure they'll be comfortable. Trekking pants usually have higher waists than regular pants. This is to prevent rubbing from your backpacks hip-belt.



Backpack

For the Peru program you don't need an enormous pig that buckles your knees every time you attempt to lift it. In fact you only need a medium sized pack eg. 4000 - 5000cu.in. You will want to buy/borrow a pack with an internal frame. Not only are internal frame packs more comfortable to carry, but they survive airlines much, much better than external.

Buying a backpack: Decide whether you want a trekking pack or a travel pack. This depends on what you think you will be using it for in the future. If you think that you will not be doing any hiking in the future, then a good travel pack should be comfortable enough for the backpacking we do on the program.

In general our trip leaders prefer trekking packs for both travel, and backpacking, because...

- In any travel situation you will have to carry your pack further than you thought. All trekking packs are designed for carrying a decent load comfortably for long periods of time, while travel packs vary from having reasonably comfortable harnesses to being a glorified soft suitcase with shoulder straps.
- Trekking packs tend to be fairly tall and narrow, while travel packs are squat and wide. Trekking packs are designed this way to keep the weight close to your back, keeping you more stable and enabling a range of movement in your arms – something you will appreciate whether you are grabbing for a tree to stop from tripping over in the jungle or running to catch a train in Zurich.
- Trekking packs tend to be more weather resistant and have fewer zips that can break at inconvenient moments. With a trekking pack, you are always ready for adventure.

Here's an example of a great backpack...

REI Venus 75 Pack (women's backpack)

Volume 4,577 cu in

Weight 5 lbs 11 oz

\$199 (but last years model may be available cheaper)

Great value backpack with excellent harness and a great zip under the flap on front which makes the pack very easy to load/unload. Internal sleeping bag compartment with removable divider. An excellent pack. Good pack manufacturers with packs readily available in the USA are: Arcteryx, Osprey, North Face, Lowe Alpine, Gregory, REI.



The most important thing when selecting a pack is the **harness**. It should fit comfortably and be sized and adjusted to your body. Most manufacturers make each pack model with small, medium and large harnesses. The only way to check whether the pack fits properly is have someone in the store help you fit the pack with weight in it. **Shoulder straps** should sit comfortably on the shoulders. This is especially important if you have narrow shoulders as you will have to look for a pack that fits your shoulder width. **Hip belt** should sit comfortably on your hips - not on your waist or thighs! The **sternum strap** should be adjustable up or down and is important as it helps keep your shoulder straps sitting snugly on your shoulders and not riding out towards the edges.

Simple is good. The more bells and whistles a pack has, the more things there are that can break and the more the pack will weigh before you put anything into it. Weight is also something to consider when choosing a pack. Why carry 2lbs more weight because of extra features, when you don't need to.

The pack you choose, should cinch down well when it's only half full. Look for side and top compression straps.

Some packs have a single compartment while others have a zipped sleeping bag compartment at the bottom. If you are looking at a pack with a separate sleeping bag compartment, check that the divider between the compartments is removable. If it is not removable the pack will sag in that area and be less comfortable to carry, unless totally full.

Daypack/small backpack: Similar to a backpacking pack but smaller. Must have 2 shoulder straps and have plenty of room for rain jacket, camera, sunscreen, sunglasses, water bottle, diary etc.

Light Weight Duffel: A really light weight bag to store stuff you will not be taking on trekking or rafting trips. This should sit in the bottom of your pack while travelling.

Sleeping bag: Make sure you bring a warm 3-4 season sleeping bag that is rated down to at least 15°F. There are two main types, down, or synthetic. For a dry climate like Peru, down is best, as it is much more compact and lighter.

A sleeping mat will be provided during trekking and rafting trips, so you do not need to bring one.

Pack Towel: The 'Hitch Hiker's Guide to the Galaxy' will tell you that the only essential piece of equipment for travel is a towel. Towels will be provided at most accommodation. However you will need a pack-towel for trekking and rafting.

Casual Clothing: Try not to bring too much 😊

Casual footwear: Good to bring running shoes or similar in addition to your hiking boots. Then you can use them on the rafting trip. It will probably not be warm enough for sports sandals or thongs.

Socks: Bring at least two pairs of medium weight trekking socks and a winter weight pair for wearing in the evening during our trekking trips. In the event that you start to get hotspots or rubbing, a thinner pair of liner socks can help. Make sure your socks are either wool or a synthetic trekking sock. Don't bring cotton socks as they will not keep your feet warm when/if they get wet.



Trekking footwear

Leather boots are great if you already have some. They can be expensive and need to be well worn-in before coming on the trip. However they are fantastic for backpacking and last a long time. If you already have some, bring them.

Soft hiking boots are a good compromise. Not as expensive or as heavy in your bag as leather boots but still provide reasonable ankle support. Ankle support is important when carrying a full backpack, as it is easy to roll your ankle, which is why we encourage hiking boots rather than shoes. Hiking boots can often be used as a tidy pair of shoes for going out in the evening.

Good hiking shoes will get you through the backpacking on the trip at a pinch but you dramatically increase the risk of twisting an ankle and we don't encourage it.



Electrical outlets and power adaptors: Peru's electrical outlets are the same shape as at home, so you do not need an adapter plug. Peru uses 220v electricity. This means that iPod and digital camera rechargers can plug straight in but other electrical appliances like hairdryers etc that only take 110v will blow up. To check if your electrical item can be used in Peru, check the voltage –if it says 110v, it will blow up, if it says 100-240v, it will work fine. But don't bring a hairdryer!

iPod/mp3 player: Good escapism.

Camera: You will want to bring a camera to Peru..

Toiletries: You may not be able to get the same brand of contact lens solution, toothpaste or shampoo. If you are particular about which brands you use, bring enough to last till you return home.

Washing/Laundry: You will be able to get clothes laundered frequently when we are in cities. You will get sick of wearing the same clothes all the time but don't worry because everyone else will be doing the same and it is much better if all your gear fits into one backpack!

Once you've made a pile of everything you might bring, double check to see if you can leave anything behind...but make sure you DO bring the required outdoor clothing. Honestly...everyone on our trips thinks they bring too much casual clothing.

Your International Flights to and from Lima

Once you have registered for this program, please go ahead and arrange your international flights to Lima and return. You can contact our travel agent, Sue Lai at Avia Travel, who arranges group flights for our programs. Our agent will work with you to find the best routing and fare for you. You may choose to fly from your nearest regional airport, or to depart from a major hub such as Los Angeles, New York or Miami. You will confirm your flight arrangements with the agent and pay the travel agent directly for your flights. Once you have confirmed and paid for your flights, please email your flight itinerary to us, so we can meet you on arrival in Lima.

2011 Program Participants:

Arrive Lima on Saturday 2 July, before 8:00am* (usual departure from US, 1 day prior)

Depart Lima on Sunday 31 July, after 10:00pm* (usual arrival to US, 1 day later)

***Usual routing from the US** is an overnight flight departing from Miami in the evening and arriving in Lima very early the next morning. On the return, it is a late evening departure from Lima, flying overnight to arrive in Miami early the next morning.

Arrival before program start: You may arrive in Lima earlier than program start if you wish, or depart later than program finish. You will need to cover your own accommodation costs and transfers until program start/after finish. We can assist with accommodation and transfer bookings. Please contact us about this once you have confirmed your flights.

Pacific Discovery travel agent for flight bookings

Sue Lai

Avia Travel

760-A Gilman St

Berkeley, CA 94710

Tel: (800) 950 2842, Tel: (510) 558 2150

Fax: (510) 558 2158

Email: sue@aviatravel.com

Alternatively, you are welcome to make your own travel arrangements to and from Lima through your own travel agent or online, and we will meet you on arrival at the airport in Lima. If you do make your own arrangements, please ensure you book flights to arrive and depart Lima as shown above. If you have any questions about your itinerary, please contact us to discuss this before you book your flights.

Important Peru arrival note to all participants: A free Peru 'visa on arrival' issued on arrival at the airport in Lima, is valid for 90-days, so you have plenty of time to travel independently in Peru on this visa after program finish.

Recommended Books

Lonely Planet Peru by Charlotte Beech and Rob Rachowiecki

An excellent guidebook that provides great day to day information s on travelling in Peru and insight into the culture, history, environment.

Insight Guide Peru

Brings Peru to life in hundreds of color photographs and vividly written essays by a team of experts and takes us from the crowded streets of Lima to famed archeological sites, providing genuine insight into a complex land and people.

The Peru Reader, History, Culture, Politics by Orin Starn

A lively, literate anthology on the history and culture of Peru that ranges from historical accounts to modern analysis. It's a comprehensive introduction to the country.

Lost City of the Incas by Hiram Bingham

A first-rate tale of adventure by the man who rediscovered Machu Picchu in 1911. This classic account is a gripping story of exploration, archaeology and natural history – and still an outstanding overview of the site itself.

Running the Amazon by Joe Kane

A best-selling account of a 4000-mile expedition from the high Andes to the Atlantic by foot, raft and kayak – an expedition only four of the ten participants finished.

The Cloud Forest: A Chronicle of the South American Wilderness by Peter Mathiessen

Recounts with wit, insight and style a journey through South America, including a marvelous wild goose chase in the Amazon, an obligatory visit to Machu Picchu and his travels in Tierra del Fuego.

Lonely Planet Quechua Phrasebook

Pocket phrasebook of essential vocab and idioms of the most widely spoken language in the Andes.

Touching the Void by Joe Simpson

The harrowing tale of a climb gone badly wrong and Simpson's near miraculous survival in the Andes

Recommended Movies

Greatest Journeys on Earth - Peru: Journeys to the Golden Cities

Flocked to by treasure-seekers and Spanish conquistadors seeking gold, Peru was inhabited by Andean civilizations like the Incas until it was taken over by the Spanish in 1533. In remnants of once-thriving cities, one can only imagine what life might have been like for the Incas many, many years ago. This film celebrates Peru's stunning geography by taking viewers on an enlightening voyage through some of the country's most stunning natural spectacles.

Peel: The Peru Project

Wes Brown, grandson of legendary surfing director Bruce Brown (ENDLESS SUMMER), continues the family tradition with his stunning documentary PEEL: THE PERU PROJECT. Together with filmmaking partner T.J. Barrack, Brown travels to the famed coast of Peru to capture jaw-dropping footage of pro surfers the waves against a driving soundtrack by rock band Surfact.

Booking Conditions and Liability Release for Pacific Discovery Programs

Payment Schedule & Booking Conditions

Prices in brochures and on website are correct at the time of publishing.

Pacific Discovery reserves the right to alter these prices at any time. The price of your program is guaranteed when you have paid in full.

All program participants must acknowledge reading and agreement with Booking Conditions and Liability Release, at the time of registration. A Medical Form must be completed once final payment is made. By advancing deposit to Pacific Discovery, the depositor thereby agrees to be bound by the booking conditions and payment schedule.

Upon receiving your forms and confirming space on the program of your choice, we will contact you with pre-travel information covering gear to bring, health & vaccinations, travel insurance, climate, spending money, cultural tips, and a list of recommended books and films.

If the program date you request is already full we will not process your deposit, but will contact you and add you to the waiting list.

The final payment covering balance of program cost and optional group flights is due 90 days before program departure, unless late booking. Master Card or Visa accepted.

Bookings accepted less than 90 days prior to departure can be secured with the deposit; full payment must then reach us within a further 14 days.

If the balance is not received by the specified date, we reserve the right to cancel your booking and your deposit may be forfeited.

Cancellations

If you decide to cancel your program, the following fees apply at the time (prior to departure) we receive written notice of your cancellation: More than 91 days before departure - loss of deposit; 31 to 90 days before departure - 50% of program cost; 0 to 30 days before departure - 100% of program cost.

If you fail to join the program, join after its departure or leave prior to its completion, Pacific Discovery reserves the right to set the amount of refund (if any). Such terms are adopted in a similar form throughout the travel industry. They are usually covered by your trip cancellation/travel insurance, provided the reason for cancellation falls within the terms of the policy.

If we cancel a program

Pacific Discovery reserves the right to cancel any program if sign-up is inadequate to make the program economically feasible for us to operate. If this happens, we give a full refund of program cost paid. However, Pacific Discovery is not responsible for additional expenses incurred by you in preparing for the trip (e.g. non-refundable air tickets, gear or medical expenses). If a program is under-booked we will inform you before final payment is due.

Liability Release

Pacific Discovery Limited is a private New Zealand NGO formed to promote experiential education and sustainable tourism. Our incorporation number is WN/1148326.

Medical Considerations

Pacific Discovery is not a medical facility and therefore is unable to accept any responsibility regarding medical advice, medications or inoculations that you or your doctor deem necessary for your safe participation. Pacific Discovery assumes no liability regarding provision of medical care.

Insurance

Travel insurance is compulsory for all program participants. Your travel insurance must provide cover against personal accident, medical expenses, emergency repatriation and personal liability. We also recommend it covers cancellation, curtailment and loss of luggage and personal effects.

Responsibility

By participating in a Pacific Discovery program, you assume certain obligations to Pacific Discovery and the other program members. It is your responsibility to:

- Understand the conditions implied in the Pacific Discovery itinerary and trip suitability description.
- Select a program (with the help of the Pacific Discovery staff) that is appropriate to your interests and abilities.
- Prepare for the program by familiarizing yourself with the itinerary and program dossier sent by Pacific Discovery.
- Bring appropriate gear and clothing as advised by Pacific Discovery.
- Follow considerate standards of personal hygiene in order to reduce risk of contracting diseases.
- Follow considerate social behavior with other program participants and respect their habits.
- Act in an appropriate and courteous manner befitting the customs of countries you visit.
- Complete the program itinerary as scheduled (or as adjusted by your program leader as necessary).
- Respect the countries we visit by using environmentally safe products, staying on established routes of travel and not littering.

You are aware that travel within a group may involve compromise to accommodate the diverse desires and physical abilities of group members. Your program leader will do their utmost to ensure that any problems are solved for the benefit of the group as a whole. Signing this Liability Release Form signifies your acceptance of the leader's authority to make decisions affecting the group or individuals. For instance, he/she may require an individual to leave the group if he/she believes that a person's health is at risk, if an illegal act is committed, or their behavior becomes detrimental to the safety, enjoyment and well-being of the group. Should the leader take such action, that person would not be entitled to any refund. Similarly, a participant leaving a program en-route will not be entitled to any refund. Under these circumstances Pacific Discovery reserves the right to set the amount of refund (if any).

Pacific Discovery will not accept responsibility or liability for any program participant who contravenes any law or regulation of any country visited.

You acknowledge that travel on a Pacific Discovery program requires a degree of flexibility, and understand that the route, accommodation and modes of transport are subject to change without prior notice due to local circumstances. We reserve the right to make reasonable changes in the itinerary where deemed advisable for the comfort and well-being of program members. These changes are

binding and additional expenses will be charged to you if the reason for any alteration is outside the control of Pacific Discovery.

You acknowledge that Pacific Discovery contracts with a network of companies, government agencies and individuals to assist in the running of its programs. To the best of Pacific Discovery's knowledge, these third parties are qualified to perform the duties they are contracted to perform. However Pacific Discovery will not be held liable for any injury, damage, loss, delay or irregularity that may occur due to the behavior of these third parties.

Any air travel that is part of any program is subject to the conditions as stipulated by the airline concerned and liability is limited in accordance with International Convention.

No employee, servant or agent of Pacific Discovery has authority to vary these conditions.

The terms and conditions of all agreements made with Pacific Discovery shall be subject to, and governed by, New Zealand law. You agree New Zealand will be the forum for resolution of any dispute related to your participation in this program.

If a dispute arises, you will try to resolve it directly with Pacific Discovery. If you cannot resolve the dispute you agree to go to mediation first. You will agree the mediator with Pacific Discovery within 10 days of notification of the dispute. If a mediator is not agreed or appointed, you and Pacific Discovery agree to participate in arbitration under the Arbitration Act 1996 (NZ).

The terms of this agreement shall serve as a release and assumption of risk binding on your heirs, executor, administrator and all members of your family.

You understand that traveling with Pacific Discovery may involve risks (and rewards) above and beyond those encountered on a more conventional holiday, and that you are undertaking an adventure program with inherent dangers. You understand that you are traveling to geographical areas where, amongst other things, the standard of accommodation, transport, safety, hygiene, cleanliness, medical facilities, telecommunications and infrastructure development may not be of the standard you are used to at home or would find on a conventional holiday. You have read and understood the itinerary and suitability for this program you are undertaking and have provided details of any pre-existing medical conditions. You accept these risks and obligations and you fully assume the risks of travel. You release Pacific Discovery from any liabilities connected to these risks to the maximum extent permitted by law.

I understand that this is a release of liability and a contract between me and Pacific Discovery Limited and/or its contracted tour operators or affiliated organizations, and I sign this agreement of my own free will. If any part of this agreement is deemed unenforceable, all other parts shall remain in full force and effect.

Please contact us with any questions.
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