



**NPH USA**  
Raising Children. Supporting Families.  
Transforming Lives.



# VISITOR'S GUIDE: NPH PERU

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# Country Overview



Sources: The CIA World Factbook, Lonely Planet.com, Trip Advisor.com

In Peru, 25 - 33% of children aged 6 to 14 work, often putting in long hours at hazardous mining or construction sites.

Area: 798,598 square miles – slightly smaller than Alaska

Population: 32,440,172 (2023 estimate)

Languages: Spanish, Quechua, Aymara, and many minor Amazonian languages

Even though Peru's poverty rate has improved, inequality persists.

## Climate/Environment

- Climate: varies from tropical in east to dry desert in west; temperate to frigid in Andes
- Terrain: western coastal plain (costa), high and rugged Andes in center (sierra), eastern lowland jungle of Amazon Basin (selva)
- Natural hazards: earthquakes, tsunamis, flooding, landslides, mild volcanic activity
- Issues: pollution, deforestation

## A Brief History

Ancient Peru was the seat of several prominent Andean civilizations, most notably that of the Incas whose empire was captured by Spanish conquistadors in 1533. Peru declared its independence in 1821, and remaining Spanish forces were defeated in 1824. After a dozen years of military rule, Peru returned to democratic leadership in 1980, but experienced economic problems and the growth of a violent insurgency.

President Alberto Fujimori's election in 1990 ushered in a decade that saw a dramatic turnaround in the economy and significant progress in curtailing guerrilla activity. Nevertheless, the president's increasing reliance on authoritarian measures and an economic slump in the late 1990s generated mounting dissatisfaction with his regime, which led to his resignation in 2000. A caretaker government oversaw a new election in the spring of 2001, which installed Alejandro Toledo Manrique as the new

head of government - Peru's first democratically elected president of indigenous ethnicity. The presidential election of 2006 saw the return of Alan Garcia Perez who, after a disappointing presidential term from 1985 to 1990, oversaw a robust economic rebound. Former army officer Ollanta Humala Tasso was elected president in June 2011, and carried on the sound, market-oriented economic policies of the three preceding administrations.

Pedro Pablo Kuczynski Godard won a very narrow presidential runoff election in June 2016. Facing impeachment after evidence surfaced of his involvement in a vote-buying scandal, he offered his resignation on March 21, 2018. Two days later, First Vice President Martin Alberto Vizcarra Cornejo was sworn in as president.

Poverty and unemployment levels have fallen dramatically in the last decade, and today Peru boasts one of the best performing economies in Latin America.

Below: Machu Picchu from Wayna Picchu, Martin St-Amant - Wikipedia - CC-BY-SA-3.0; Cathedral of Trujillo, Bernard Gagnon - Wikipedia - CC-BY-SA-3.0.





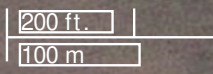
# The NPH Home

Nuestros Pequeños Hermanos (NPH, Spanish for “Our Little Brothers and Sisters”) Peru opened in 2004 in rented accommodations in Cajamarca in the northern Andes Mountains. Because of difficult accessibility – it was 13 hours by car from Lima – the home was relocated to a rental site closer to the capital in May 2007. The children moved to the permanent site, Casa Santa Rosa, in October 2011. Construction is ongoing.

*Peruvian law prohibits us from using photos that show the faces of minors.*



- Casa Santa Rosa*
1. Entrance
  2. Volunteer home
  3. National Director's home
  4. Secondary school girls' home
  5. Primary school girls' home
  6. University girls' home
  7. Central offices
  8. Warehouse and music rooms
  9. Babies' home
  10. Nursery and therapy room
  11. Soccer field
  12. Primary school boys' home
  13. Secondary school boys' home
  14. University boys' home
  15. Dining hall



Google



# Daily Life

## Highlights

- Peru is the first country in South America to have an NPH home.
- Each of the family-style homes is designed to accommodate 16 children and two caregivers.
- The school year begins in mid-March. The children currently attend local schools. Many had never been to school prior to joining NPH. A special education program was added in 2015.
- A bakery, which is the home's first vocational workshop, was completed in 2016. It offers the opportunity for youth to learn a valuable trade, as well as provides bread for the home.

## Responsibility

Responsibility is one of the most important values that NPH tries to instill in their children. This is why each child is expected to not only be responsible for him or herself, but to contribute to the family. This includes doing traditional chores such as washing clothes, cleaning common areas and serving food. Everyone knows how much effort goes into caring for their home and all the people who live there.

After graduating from high school the *pequeños* give back to the home in a year of service job. Then, if the student decides to go to university with the help of NPH, they give another year of service after graduating from university.

## Typical Day at *Casa Santa Rosa*

|           |                       |
|-----------|-----------------------|
| 5:00 a.m. | Wake up               |
| 6:30 a.m. | Breakfast             |
| 8:00 a.m. | School                |
| 1:30 p.m. | Lunch                 |
| 2:00 p.m. | Chores                |
| 4:00 p.m. | Studying and tutoring |
| 5:30 p.m. | Free time             |
| 7:00 p.m. | Dinner                |
| 8:30 p.m. | Bed time              |

## Godchildren

If you sponsor a child at NPH Peru, arrangements will be made for him/her to spend time with you during your visit. Please contact your regional office if you are interested in becoming a Godparent.





# Travel Tips



## Time Zone

Eastern Standard Time  
UTC/GMT -5 hours



When traveling abroad, we recommend enrolling in the U.S. Department of State's Smart Traveler Enrollment Program (STEP). This free service helps the U.S. government know where citizens are, so they can notify and assist them in case of emergency. To enroll, visit <http://step.state.gov>



The goal of the trip is to have fun, experience the culture of Peru and meet the inspiring children of NPH. Each traveler has so much to share with this great family and so much to learn. We hope that each visitor grows from their interactions with the children we support, just as your visit helps them to do the same.



Please review the NPH Visitor Policy and Guidelines, sign the form and return it to your trip leader.

## Entry Requirements

U.S. visitors require only a passport, valid for six months from date of travel, and a return ticket to be issued a visa for up to 183 days when they enter Peru.

## Vaccinations

Before traveling to Peru, please consult your physician and visit [www.cdc.gov/travel](http://www.cdc.gov/travel)

## Transportation

- For group trips organized by NPH USA, transportation will be provided by NPH.
- Do NOT hitchhike under any circumstances.

## Accommodations

Lodging varies depending on trip package. See specific trip information or consult the coordinator for details.

## Water

**DRINK BOTTLED WATER ONLY.**  
This cannot be stressed enough.

## Food

While at NPH facilities, we will eat just like the children and staff at specific mealtimes:

- Breakfast: 6:30 a.m.
- Lunch: 1:30 p.m.
- Dinner: 7:00 p.m.

Food at NPH is NEVER wasted. If you are unsure you will like what is being served, ask for only "un poquito" (a little), and if you cannot finish, please offer it to one of the children.

While on day trips, we will eat in restaurants where we are sure that food will be safely prepared.

Visitors are welcome to bring snacks to share with the group. Be sure to bring things that can withstand heat and preferably are individually wrapped.

## Bathroom Etiquette

It is not possible to flush toilet paper in most Latin American countries due to the poor plumbing systems. Toilet paper and all sanitary products must be thrown in small waste baskets next to the toilet. **DO NOT flush toilet paper or sanitary products while visiting the NPH home.**

Bring travel toilet paper, a packet of facial tissues, or baby wipes with you at all times. Tissue is not always available in public bathrooms.

## Electricity

The electrical current in Peru is 220 volts, 50 cycles alternating current (AC). A converter is needed for appliances requiring 110 voltage. U.S.-style flat prongs fit most outlets. You should expect power outages, which are common in Latin America.

## E-mail & Phones

Internet cafés are common and can be used for e-mail and phone calls. (Look for a sign with an @ symbol out front.) Hotels increasingly have Wi-Fi, if not in their guest rooms then at least in the public areas.

## Travel Tips *(continued)*

### Clothing

Comfortable, broken-in walking shoes are a must! The days can be hot, so light clothing – shorts, slacks, cotton T-shirts, sandals and/or running shoes – is appropriate. Keep in mind to dress conservatively and in a tidy manner. Please do not wear anything torn, too short or provocative. If you have any piercings other than ears, please take them out during your visit. If you have any tattoos, please keep them covered. These can be associated with gang activity and we do not want the children to have a negative impression of you.

### Currency and Credit Cards

The currency in Peru is the nuevo sol (S/). Bills are issued in denominations of 10, 20, 50, 100, and 200 soles. Coins are 1, 5, 10, 20, and 50 céntimos, and 1, 2, and 5 soles. U.S. dollars can be exchanged in banks and exchange houses (*casas de cambio*). DO NOT exchange on the street. ATMs (*cajeros automáticos*) are widely available, but never withdraw cash while alone or at night because muggings have become more common. Break larger bills as soon as possible as many businesses often do not have change. U.S. dollars must be in pristine condition; bills with even the slightest tear will not be accepted.

Major credit cards, especially MasterCard and Visa, are accepted in most hotels, restaurants, and shops in tourist areas. Please remember that credit card fraud is an issue all over the world, so be cautious.

An 18% general sales tax (*impuesto general a las ventas*) is levied on everything except goods bought from open-air markets and street vendors. It should be included with food and drink.

### Tipping

Most restaurant and bar bills include a 10% gratuity. It is customary to add an extra 10% if the service has been satisfactory. Taxis do not expect tips. Fares are negotiated prior to initiating the trip. Hotel porters and bell boys expect a tip of \$1 per bag.

### Safety

Outside the gates of NPH, we recommend that you never go alone anywhere. Avoid wearing flashy jewelry and watches. Be vigilant in regards to your surroundings. While at the home, we will be in a very safe and controlled environment. However, it is important to remember to watch your personal property. Our children have all come from very different backgrounds and while NPH tries to help them realize that they are safe now, many of them are still in survival mode. They are not malicious, but for many, taking is the only way they have ever survived.



See page 9 for emergency contact information.

PLEASE DO NOT give children your address, e-mail or phone number even if you are their sponsor.

## Terms to Know

Good morning/afternoon/evening! - *¡Buenos días/tardes/noches!*  
See you later! - *¡Hasta luego!*  
How are you? - *¿Cómo está?*  
Fine, thank you. - *Bien, gracias.*  
Please - *Por favor*  
Excuse me - *Permiso*  
Do you speak English? - *¿Habla inglés?*  
Yes - *Sí*  
No - *No*  
Thank you - *Gracias*  
You're welcome - *De nada*  
How old are you? - *¿Cuántos años tiene?*  
How much is this? - *¿Cuánto es?*  
More - *más*  
A little bit - *poquito*  
House - *casa*  
Home - *hogar*  
School - *escuela*  
Backpack - *mochila*  
Office - *oficina*  
Kitchen - *cocina*  
Water - *agua*  
Food - *comida*  
Rice - *arroz*  
Beans - *frijoles*  
Spoon - *cuchara*  
Fork - *tenedor*  
Cup - *vaso*  
Plate - *plato*



## NPH-Related

*Pequeño/a* - literally "little," but it is the term used for all NPH children  
*Tío/a* - literally aunt or uncle, but at NPH it is a caretaker  
Fr. Wasson - *Padre Wasson* (Founder of NPH)  
*Padrino* - Godfather (Sponsor)  
*Madrina* - Godmother (Sponsor)  
*Ahijado/a* - Godchild  
*Hermano/a Mayor* - Older brother/sister - the term for a former *pequeño/a* or graduate of NPH



# Suggested Packing List

## Clothes

- Lightweight travel clothes - there is no laundry facility, but you can hand wash!
- Jeans/shorts/travel pants - your preference
- Comfortable shoes for walking - tennis shoes or something with closed toes
- Poncho/lightweight rain jacket
- "Bug off" clothing - REI or Ex Officio (if sensitive to mosquitoes)
- One "nicer," but still casual outfit

Remember to dress conservatively. No visible undergarments; nothing torn, ripped or too short.

## Toiletries

- Hand sanitizer
- Shampoo/Conditioner
- Soap (we recommend a pack of disposable face cloths that have soap in the fibers. They work as soap and a washcloth.)
- Toothbrush/paste
- Deodorant
- Razor
- Earplugs
- Soap for washing clothes (if you want)
- Suntan lotion
- Insect repellent
- Small packet of facial tissues
- Travel toilet paper

## Medicines

- Personal prescriptions (can be hard to get or expensive outside the U.S.)
- Pepto Bismol/Immodium
- Advil/Tylenol/Excedrin
- Cipro/antibiotic for travelers' diarrhea
- Benadryl/Hydrocortisone
- Bandages/Neosporin
- Emergen-C/cough drops

## Personal Items

- Pillow
- Umbrella
- Water bottle
- Camera/Charger
- Fly paper
- Sunglasses
- Flashlight (plus extra batteries)
- Travel alarm clock (if desired)

## Snacks/Food

While we encourage everyone to eat the food provided (it is tasty), if you are worried about not liking the food, or getting enough, consider packing some pasta or another substitution for a meal, just in case. In addition, you may also want to bring:

- Granola bars/fruit bars/popcorn/snacks to share
- Gatorade packets (it is easy to get dehydrated)
- Good ground coffee and sugar to share

## Other

- Passport
- Two copies of passport and credit card information: leave one copy at home
- Pictures of your family to show kids (great conversation starters!) and/or postcards

## Do NOT Bring

- Expensive or irreplaceable jewelry or other valuable items
- Flashy gifts



We often leave pillows, towels, sheets and dinnerware for the home to keep after we leave.

# Gifts

Visitors often ask what items they can bring for the children. Following are some suggestions.

## Clothing and Shoes

- Underwear and socks (children's sizes)
- Sandals

## Education/Arts & Crafts

- Books in Spanish
- Coloring books
- Colored pencils and crayons
- Glue and tape
- Scissors
- Construction paper
- Play dough
- Yarn and pipe cleaners
- Beads
- Stickers

## Toys & Games (for every age group)

- Card games
- Board games
- Jigsaw puzzles (100 pieces max.)
- Marbles

## Sports Equipment

The kids spend most of their time outside, so think of items that require little or no maintenance and can be shared by everyone!

- Balls
- Jump ropes
- Air pumps with extra needles

## Hygiene

- Feminine products
- Shampoo
- Soap
- Toothpaste
- Toothbrushes (for kids AND adults)

## Health Care

- Vitamins
- Bandages
- Neosporin
- Tylenol

These items are always needed in the clinic. Please contact us if you are interested in donating other medical supplies.

## Other

- Barrettes and hair accessories
- Inexpensive plastic jewelry
- Batteries of various sizes are always needed and easy to transport

## When in doubt . . .

Bring things that NPH needs or wants, and that get depleted. If you are still unsure, ask!

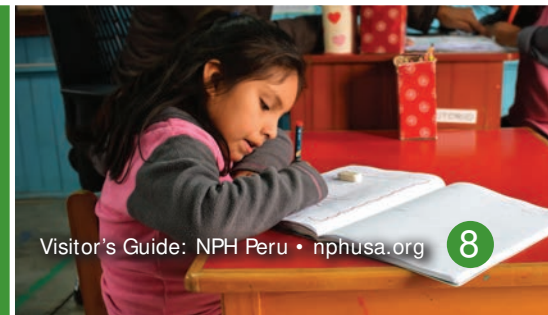


## PLEASE DO NOT

- Bring candy or small items to randomly pass out. This can result in hurt feelings among children who do not receive anything.
- Bring expensive gifts, such as music players, video games or jewelry. This may unintentionally create feelings of jealousy and cause problems for that child.
- Give gifts directly to the children. Give them to the home's Visitor Coordinator or a staff person.
- Give money to anyone at the home. This can cause confusion about how it will be used and will not qualify for a tax deduction under U.S. law. Please make all donations through NPH USA.

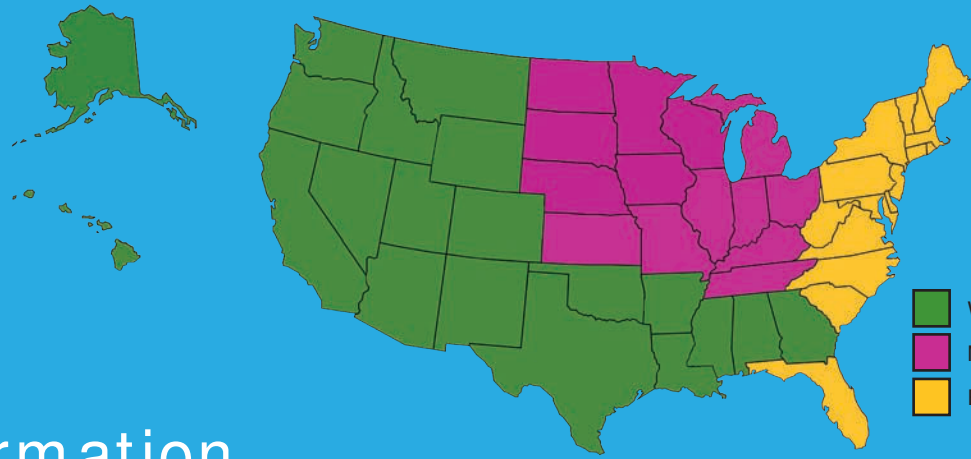
### REMEMBER, YOUR VISIT IS A GIFT!

Neither NPH nor NPH USA want the children to associate your visit with material items. The best thing that you can bring is you! All your kind words, thoughts and affection are going to be the most lasting gift. Building relationships is the most valuable thing you can offer!





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West and South  
Midwest  
East

# Contact Information

*We suggest you leave this information as well as your flight and hotel details (if applicable) with your emergency contact.*

## National NPH USA Office

20 North Wacker Drive  
Suite 4000  
Chicago, IL 60606-3193

Phone: 888.201.8880  
info@nphusa.org

NPH USA, Federal Tax ID #65-1229309, is a registered 501(c)(3) nonprofit corporation that supports the homes, healthcare and educational programs of Nuestros Pequeños Hermanos.

## FUNDRAISING AREAS

### West and South Area

#### Seattle Office

2719 East Madison Street  
Suite 304  
Seattle, WA 98112-4752

Phone 425.646.3935  
infonw@nphusa.org

#### Phoenix Office

5110 North 40th Street  
Suite 248  
Phoenix, AZ 85018-2143

Phone 480.967.9449  
infosw@nphusa.org

### Midwest Area

#### Minneapolis Office

1400 Van Buren Street NE  
Suite # 200-210  
Minneapolis, MN 55413-4605

Phone 651.482.1703  
infoupm@nphusa.org

#### Chicago Office

20 North Wacker Drive  
Suite 4000  
Chicago, IL 60606-3193

Phone 312.386.7499  
infomw@nphusa.org

### East Area

#### Quincy Office

265 Willard Street  
3rd Floor  
Quincy, MA 02169-1514

Phone 617.206.4940  
infoma-ne@nphusa.org



## NPH Peru Emergency Contact Information

Ex Fundo San Tustio  
S/N San Vicente - Cañete  
(Ref: Ingreso por Calle Miraflores)  
Lima, Cañete  
Peru

Phone: 011.51.1.9250  
e-mail: info.pe@nph.org

