

PERU

destination **FACTSHEET**

- **Top 5 Things to Know**
- **ACIS Trip Services**
 - Rooming
 - Meals
 - Tour Manager
 - Airport Tax
- **General Information / Travel Tips**
 - Flights
 - Passport Requirements
 - Time Difference
 - Electrical outlets
 - Luggage Restrictions
 - Tipping
- **What to Pack**
- **Healthcare**
- **Safety and Security**
- **Other Important Information**

330 Congress Street
Suite 5
Boston, MA 02210
info@acis.com
www.acis.com

TOP 5 THINGS TO KNOW

1

We suggest you visit a local travel doctor or primary care physician to get the best medical advice based on your personal medical history to see if any updated immunizations are needed.

2

Visitors should drink only purified filtered water, which is widely available. Do not drink tap water, even in major hotels and avoid drinks with ice. You should always brush your teeth with bottled water. **A reusable bottle will be given to you at the beginning of the program.**

3

Students are placed in twin rooms. Triple rooms are rarely used but when there is an odd number of students, we may use a triple room rather than placing a student alone in a single room. Triple rooms may not always have 3 separate beds.

4

Get your passport early!
We need your passport information to confirm train and Machu Picchu reservations. If we do not receive your passport number, we may not be able to confirm your reservation.

5

Refrain from overexerting yourself if you are feeling tired. People should not underestimate the altitude. Your muscles don't get enough oxygen and tend to tire more easily than normal, which can impact your balance and coordination.





ACIS TRIP SERVICES

Rooming

Students are placed in twin rooms. Triple rooms are rarely used but when there is an odd number of students, we may use a triple room rather than placing a student alone in a single room. Triple rooms may not always have 3 proper beds.

Meals

Continental or buffet breakfasts and dinners are included daily. Filtered water is included at each meal included. Alternate drinks are NOT included and need to be paid for on the spot by the passenger.

Visitors should drink only bottled water, which is widely available. **Do not drink tap water, even in major hotels.** Try to avoid drinks with ice. You should always brush your teeth with filtered water. Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself. **Remember: boil it, cook it, peel it, or forget it.** Shellfish should be avoided by most; while ceviche is one of Peru's classic dishes, travelers should at least know that the fish and shellfish in it are not cooked but marinated.

Be careful of food from street side vendors and open markets and unpurified water. ***Avoid unpurified ice and uncooked vegetables in non-ACIS sponsored restaurants.***

All meals included in the itinerary also include gratuity, so it is NOT necessary to leave an additional tip at meals.

Tour Manager:

A Tour Manager will accompany the group throughout the trip. He or she will be available 24 hours during the program. The Tour Manager will also act as guide in Lima for the city tour and museums.

In Cusco (including Machu Picchu) an additional guide will accompany the group each day until they return to the hotel for dinner in the evening. The guide takes on most of the Tour Manager responsibilities during your stay in Cusco. The same Cusco guide and bus driver will be with the group until the last night in Cusco or until the morning departure for Puno.







In Puno a new guide and bus driver will accompany the group until they check in for their return flight to Lima. The guide takes on most of the Tour Manager responsibilities during their stay in Puno.

Airport Tax

All airport taxes **are** included in the cost of your ACIS trip. This includes international and domestic departure taxes normally paid in cash at the airport. The Tour Manager will pay for these on your behalf.



GENERAL INFORMATION / TIPS

<p>Flights</p> 	<p>Outbound flight will either be day flight or overnight flight. Return will most likely be an overnight flight. Most flights arrive and depart Lima rather late (around midnight or 1am).</p> <p>To prevent luggage theft, airline luggage claim tickets are usually matched against your luggage by security before leaving the airport so remember to hold on to them.</p> <p>Due to flight schedules, groups will most likely arrive after the dinner hour and most return flights depart very late at night. It may be wise to bring a packed lunch with you to the airport as food may not be provided by the airlines during your flight(s).</p>
<p>Passport Requirements</p> 	<p>*Passport information needs to be uploaded in the MY account 90 day prior to departure to ensure visit to Machu Picchu</p> <p>Visitors from the United States must carry a valid passport (valid for 6 months) and return ticket in order to be issued a 60-day visa at their point of entry into Peru. For safety reasons, travelers are advised to carry a copy of their passport while exploring, leaving the original in a secure place in the hotel room.</p> <p>*These requirements are subject to change. For the most up-to-date information we recommend you visit http://www.peruemb.org</p>
<p>Time Difference</p> 	<p>Peru Time is always 5 hours behind Coordinated Universal Time (UTC). Peru has only one-time zone and does not observe daylight saving time.</p>
<p>Electrical outlets</p> 	<p>You need a power plug adapter and a voltage converter in Peru.</p> <p>You cannot use your electric appliances in Peru without a voltage converter, because the standard voltage in Peru (220 V) is higher than in the United States of America (120 V).</p>
<p>Luggage Restrictions</p> 	<p>Many of the short internal flights have restrictions on baggage weight (many have only a 40-pound limit). They may charge extra for heavier bags on these flights, so this is another reason to pack light.</p>
<p>Tipping</p> 	<p>Pre-paid tips will be listed on your account to cover Tour Manager, local bus and guides.</p> <p>All meals included in the itinerary also include gratuity, so it is NOT necessary to leave an additional tip at meals.</p>



We advise you to bring comfortable, casual, breathable clothes to Peru.

- ✓ **Basic Medical Supplies** such as anti-diarrhea medicine, aspirins, Band-Aids, AMS medications
- ✓ **Beach Towel and Bathing Suit.**
- ✓ **Games.** It's a good idea to have travel games like chess, checkers, backgammon or playing cards for some of the long train rides.
- ✓ **Sun/Rain Hat.**
- ✓ **Insect Repellent** with DEET (diethyl-metatoluamide).
- ✓ **Flashlight.** There is no electricity in the Amazon jungle lodges so it is necessary to bring a flashlight.
- ✓ **Lightweight Raincoat.** Light, water-resistant jacket that will keep you warm on a cool evening or during a sudden downpour yet can be stuffed away or worn loosely on a warm day.
- ✓ **Warm Jacket/Sweater.** Even if the day is very warm, it can get quite cold in Cusco and Puno as soon as the sun begins to set. It's advisable to bring a sweater, sweatshirt or polar-fleece jacket.
- ✓ **Long Pants.** One to two pairs of pants - one that can be worn to a nice restaurant, and another rugged pair for hiking.
- ✓ **Plastic Bags** for wet bathing suits/clothes.
- ✓ **Shorts/T-Shirts.** One long sleeve shirt or blouse and 2-3 short sleeve shirts.
- ✓ **Two Pairs of Walking Shoes/Sneakers/Hiking Boots.** There is a lot of hiking and climbing on the trip so it's important to bring comfortable shoes with a good grip. The Amazon jungle can also be very muddy so it's best to bring more than one pair of walking shoes/hiking boots.
- ✓ **Umbrella/Raingear.** It may rain in Peru, even if only for brief periods.
- ✓ **Small Suitcase & Backpack.** If your bus size is small, you'll need to pack as lightly as possible or there will not be enough room on the bus for luggage. It's also good to have a backpack for the visit to Machu Picchu. You will most likely leave your suitcase stored at the hotel in Cusco and bring only a small bag with essentials to Aguas Calientes where you will spend one night.
- ✓ **Sunscreen.** The sun is very strong, and protection should be worn when necessary.





HEALTHCARE

We suggest you visit a local travel doctor or primary care physician to get the best medical advice based on your personal medical history to see if any updated immunizations are needed.

You can check with the Department of Health and Human Services for specific health concerns when traveling: <http://www.cdc.gov/travel/>

Please check with your doctor before traveling and refrain from overexerting yourself if you are feeling tired. People should not underestimate the altitude. Your muscles don't get enough oxygen and tend to tire more easily than normal, which can impact your balance and coordination.

The most common ailments for visitors to Peru are common traveler's diarrhea and **altitude sickness, or acute mountain sickness (AMS), called soroche** locally. Soroche (altitude sickness) hits most visitors to sky-high cities such as Cuzco (11,000 feet) and Machu Picchu (8,000 feet) or Lake Titicaca (13,000 feet), but with care its symptoms remain mild. Headache, loss of appetite, extreme fatigue, and nausea are common. To help prevent these complications, consider taking acetazolamide (Diamox) after consulting your personal physician. When you visit areas at least 10,000 ft. above sea level, always rest a few hours before you go out to explore and take it easy on your first day. Avoid heavy foods and alcohol and drink plenty of liquids. Most symptoms develop the first day at high altitude, though, occasionally, travelers have delayed reactions. The best advice is to rest on your first day in the highlands. All visitors should discuss the trip with their personal physician prior to departing the United States, particularly if the traveler has a medical condition that affects blood circulation or breathing. Travel to high altitudes is generally not recommended for those with a history of heart disease, lung disease, or sickle cell disease.

We suggest you **visit a local travel doctor or primary care physician** to get the best medical advice based on your personal medical history to see if any updated immunizations are needed.

Limit your exposure to the sun, especially during the first few days of your trip and at high altitudes, from 11am to 2pm. Even though it can be chilly or cold in the Andes, the sun is a killer (the higher the altitude and thinner the air, the more dangerous the sun's harmful rays). Along Peru's desert coast, the sun is also extremely intense and likely to burn visitors who don't take adequate precautions. Wear a hat and use sunscreen with a high protection factor (SPF 30 or higher) and apply it liberally.

To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.

Medical Expenses while in Peru:

In the event of a medical emergency where expenses are involved, the **passenger must pay the expenses directly** and mail receipts to our Boston office for reimbursement. Deductible amounts per type of insurance purchased.

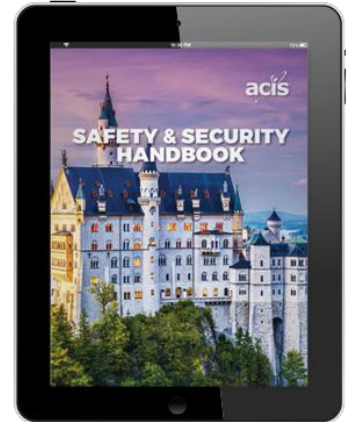


SAFETY AND SECURITY

Should you have any issues at all during your trip, please call ACIS and we will rectify the problem immediately. It is vital that you notify us as soon as you experience a problem as we can resolve issues very quickly on the spot before it adversely affects your trip.

ACIS Emergency number 617-450-5678

There are no railings and some of the high rocky climbs can be treacherous. Hikers should exercise extreme caution in steep or slippery areas, which are neither fenced nor marked. To see Machu Picchu, you must climb, amidst crowds of other people, and there are no railings to hold onto as there are in the United States. The standards of safety are dramatically different than in the United States. Only very basic medical assistance is available at Machu Picchu.



OTHER IMPORTANT INFORMATION

Buses:

This trip is based on a minimum of 15 passengers. We can accommodate 40 people on a bus (bus holds 45 seats but we only fill 40 seats for comfort level of passengers). If a group exceeds 40 passengers, we will need to split the group into 2 buses and use 2 guides. This will happen in Lima and Puno. In Cuzco, city tours with buses of over 30 seat capacity are not permitted due to the narrow streets.

Requirements for Train and Machu Picchu Booking:

All Peru flight and train reservations must be accompanied by the complete passport names of each passenger, along with their nationality and passport number. It is necessary for ACIS to provide this information well in advance in order to issue group tickets. Please enter this information into your account online upon registration or as soon as you receive your passport. If you do not have a passport you must apply for one upon registration for this program.

ACIS Travel App :

The ACIS Travel App has the personalized itinerary for your group at your fingertips. It has great information on the destination's history and sights as well as other information, such as useful phrases and local exchange rate.

Due to unique situation in Peru please do not rely on the mapping functionality of the Travel App. We also recommend you take the advice of your tour manager on local restaurant recommendations.



LETTER OF PARENTAL CONSENT FOR MINOR CHILD TO TRAVEL

This letter is to grant consent for a minor child to travel without both legal parents and/or guardians accompanying them. If neither parent is traveling with the minor child, then each parent must separately complete a Letter of Parental Consent.

INFORMATION:

Parent/Guardian Name

Child's Name

Child's Age

Phone Number

Home Address

Group Leader's Name (Adult Chaperone)

Name of School

School City

School State

TRAVEL DETAILS:

Travel Start Date: _____ Travel End Date: _____

International flight information: _____
Arrival Departure

International Tour Operator: American Council of International Studies

Local Tour Operator: Coltur Peru S.A.C.

I hereby give my consent for my child to travel with [his/her] school's group to Peru.

Printed Name

Signature of Parent/Guardian Giving Consent

Parent/Guardian, please attach a copy of your legal identification with this document.
[i.e., A Passport, or ID card]