



ViVOL

NATIONAL PROFILE OF

PERÚ

2025



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WELCOME TO PERU

What a pleasure to have you with us! We warmly welcome you to Peru, a country steeped in history, culture, stunning landscapes, and warm people who will welcome you with open arms. It's a great pleasure to welcome you to Peru, a country that not only houses one of the seven wonders of the world—the majestic citadel of Machu Picchu—but also a wealth of culture, humanity, and nature that will captivate you from day one.

Here, we invite you to experience more than just a trip: an experience of personal and collective transformation. As a volunteer, you join a movement that believes in the power of encounter, solidarity, and mutual learning. You are about to become part of communities that will open their doors and hearts to you, sharing stories of struggle, ancestral wisdom, and a wealth of hope.

While collaborating on our projects, you'll also have the opportunity to explore the diversity of our landscapes: from the Andes to the Amazon, passing through the desert and the beaches of the Pacific. Peru is a country of contrasts that feels alive in every corner. And of course, we can't forget to tell you about our cuisine, considered one of the best in the world. Every dish you try—a fresh ceviche, a causa limeña, ají de gallina, or a traditional pachamanca—will be a feast of flavors that reflect the fusion of cultures and the love with which we cook.

Thank you for daring to live this experience. Thank you for your commitment, your time, and your desire to contribute. We are here to accompany you on this journey, to make you feel at home, and, above all, to help you discover how much a person can grow when they choose to serve others.

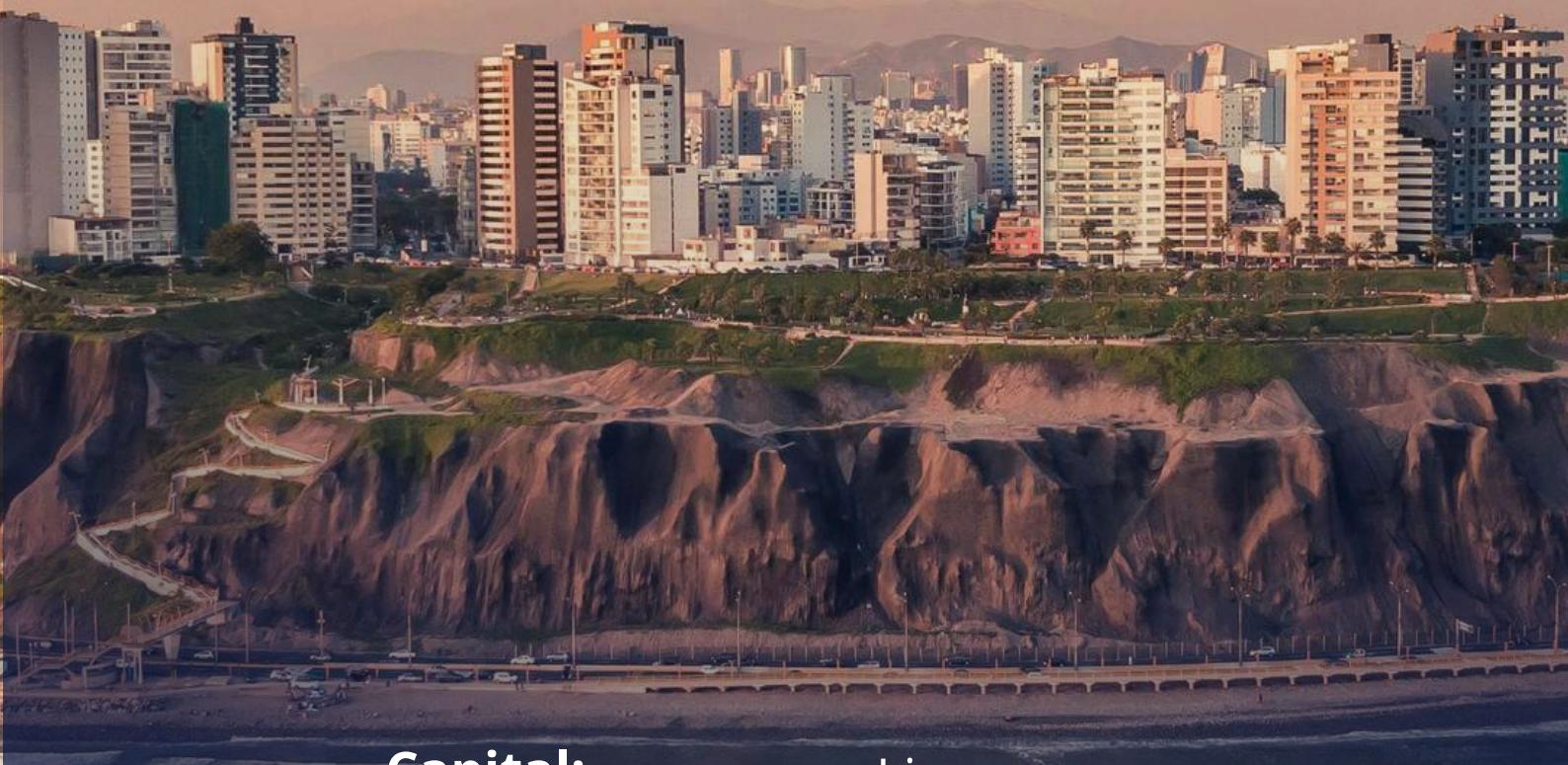
Welcome to this great adventure. Welcome to Peru!



CENTRO DE LIMA



GENERAL ASPECTS



Capital:	Lima
Official language:	Spanish, Quechua and Aimara
Government:	República Unitaria Presidencial
Chairwoman:	Dina Boluarte
Currency:	Sol peruano

GEOGRAPHY

Peru is located in western South America. It borders Ecuador, Colombia, Brazil, Bolivia, and Chile. It has an estimated population of over 34.5 million.

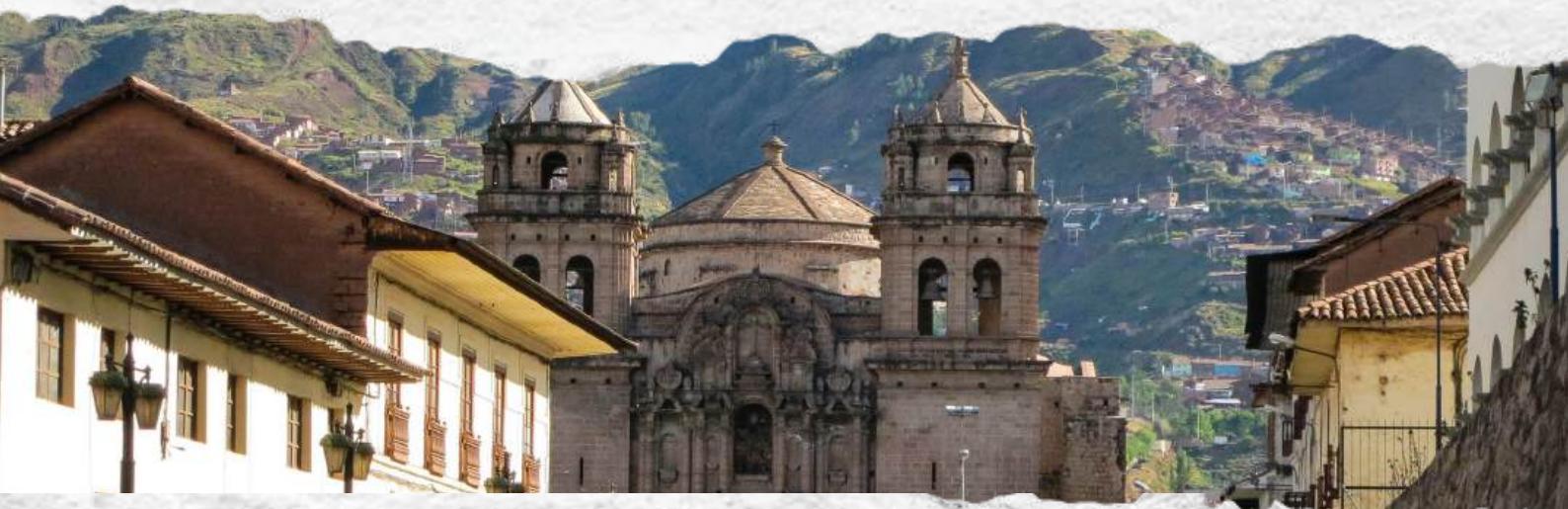




The country is divided into 24 departments and 1 constitutional province (Callao).



It has 11 ecoregions, which include 28 of the 32 global climates. However, it can be divided into three main regions: coastal, mountainous, and rainforest.



The temperature varies between 22°C and 35°C (December-April), 15°C and 17°C (May-November).

CLIMATE

The seasons of the year (southern hemisphere):



SUMMER: From December 21 to March 19 (25 and 35 °C). There is little fog and heavy rain between December and April.



WINTER: June 21 – September 22. (12 and 18 °C). Warm, temperate, moderate climate, but with high humidity and dense fog.



AUTUMN: March 20 – June 20 (18 and 21 °C)



SPRING: September 23 – December 20 (20 °C)

WELCOME TO THE COAST REGION

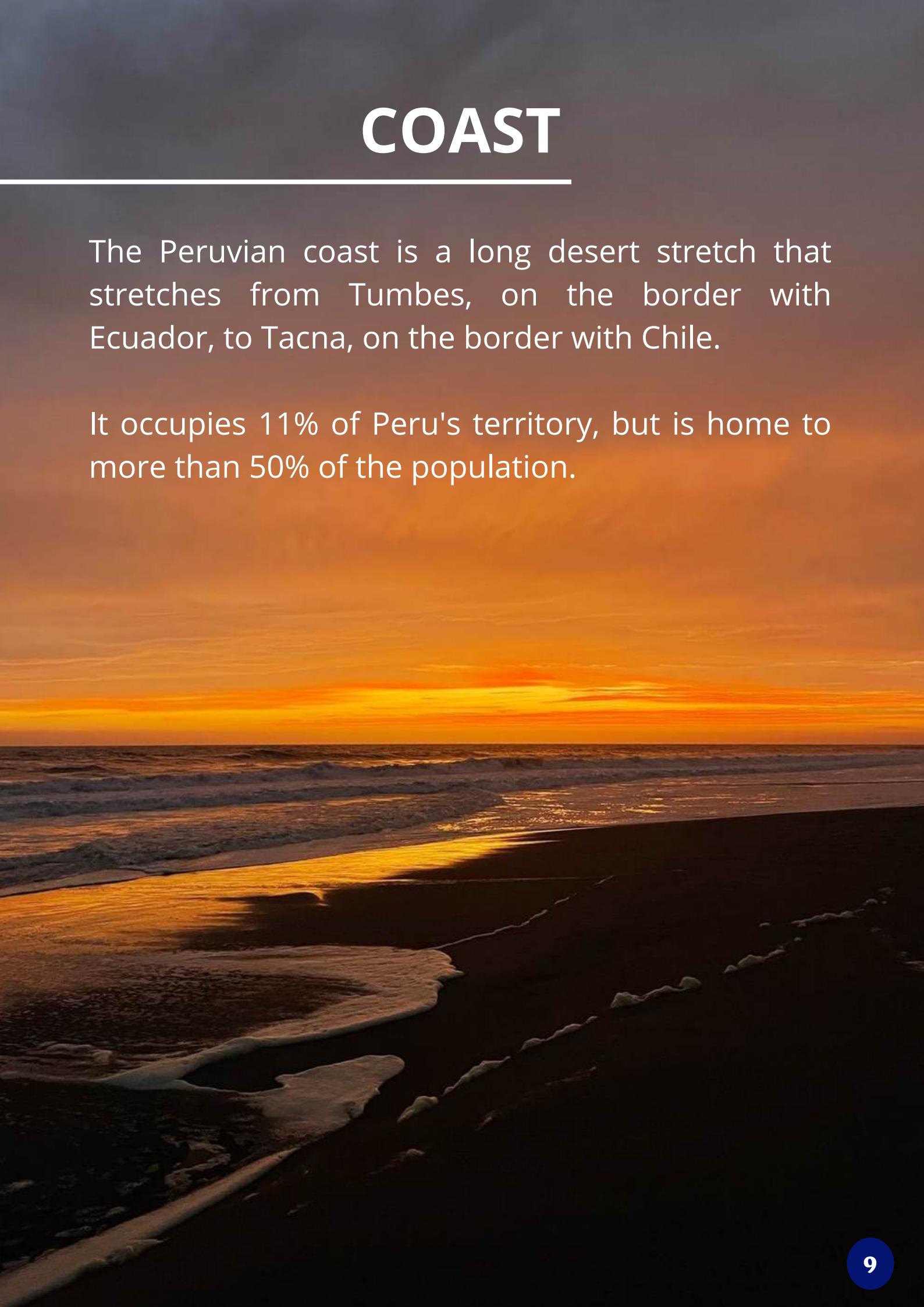


BARRANCA, PERÚ

COAST

The Peruvian coast is a long desert stretch that stretches from Tumbes, on the border with Ecuador, to Tacna, on the border with Chile.

It occupies 11% of Peru's territory, but is home to more than 50% of the population.





**WELCOME TO THE
MOUNTAIN REGION**

MOUNTAINS

The Andes Mountains occupy 30% of Peru's territory. They are located in the west of the country, almost parallel to the Pacific coast. They are the longest mountain range in the world and span seven countries: Venezuela, Colombia, Ecuador, Peru, Bolivia, Chile, and Argentina.



LAKE TITICACA



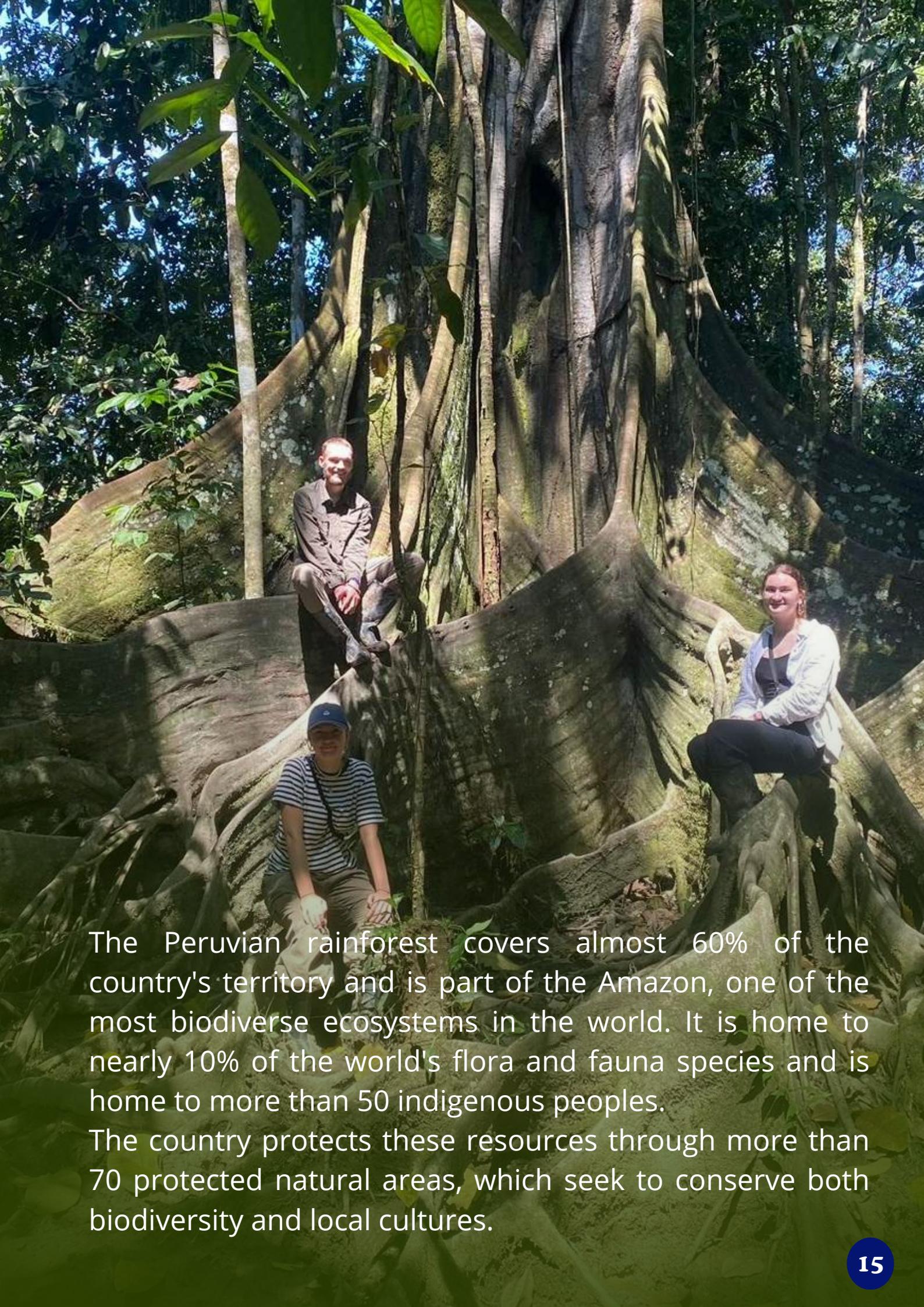
Cusco, the jewel of the Andes, is a destination that combines history, adventure, and culture. With its colonial streets, Inca ruins, and breathtaking landscapes like the Inca Trail and Rainbow Mountain, it offers unique experiences for young travelers. Its vibrant nightlife and blend of tradition and modernity make it an ideal place to explore.



Cusco, Perú

WELCOME TO THE JUNGLE REGION





The Peruvian rainforest covers almost 60% of the country's territory and is part of the Amazon, one of the most biodiverse ecosystems in the world. It is home to nearly 10% of the world's flora and fauna species and is home to more than 50 indigenous peoples.

The country protects these resources through more than 70 protected natural areas, which seek to conserve both biodiversity and local cultures.

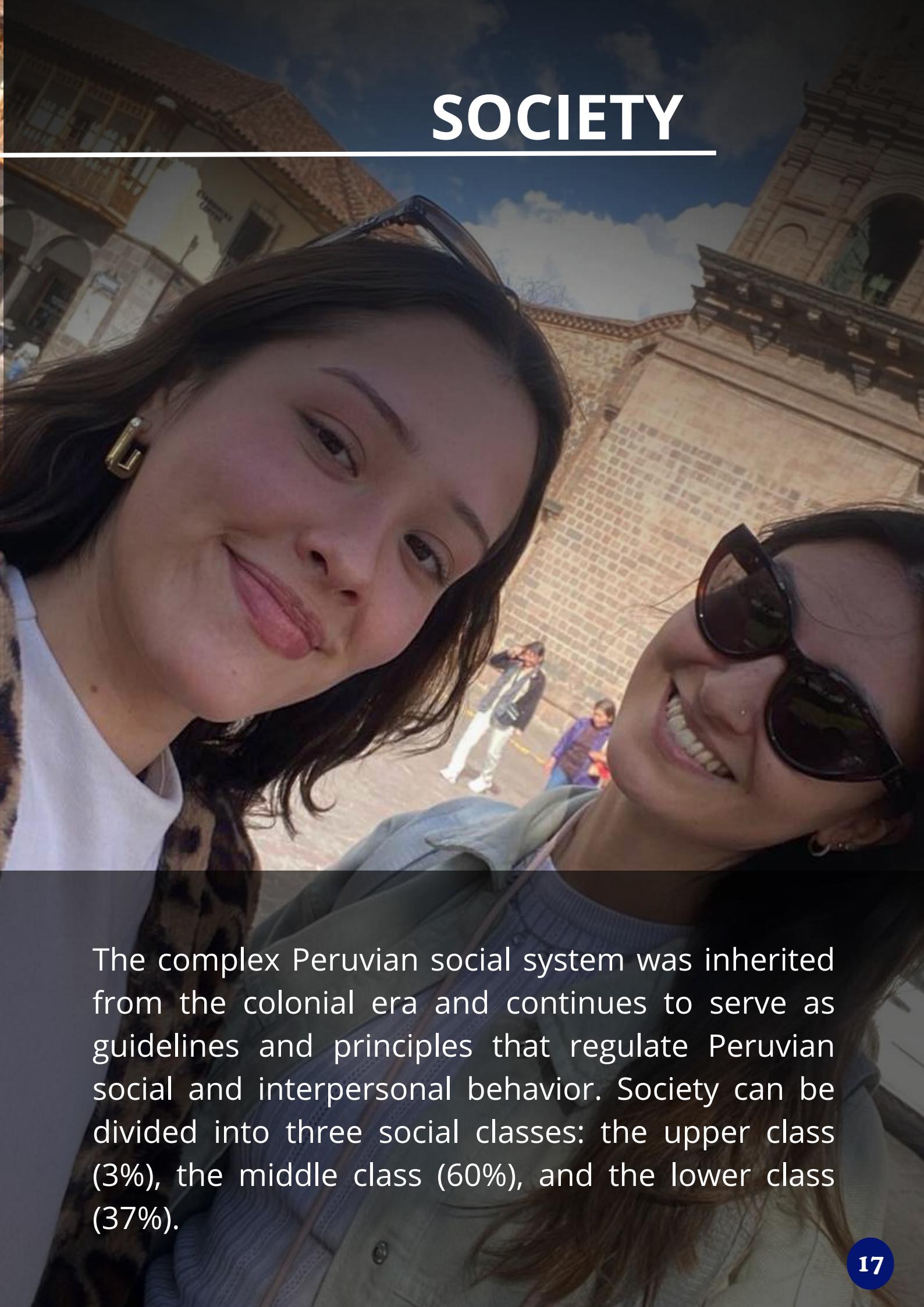
SOCIETY - FOOD - FESTIVITIES - TRANSPORT



ECONOMY - PERUVIAN EXPRESSIONS - GOVERNMENT



SOCIETY



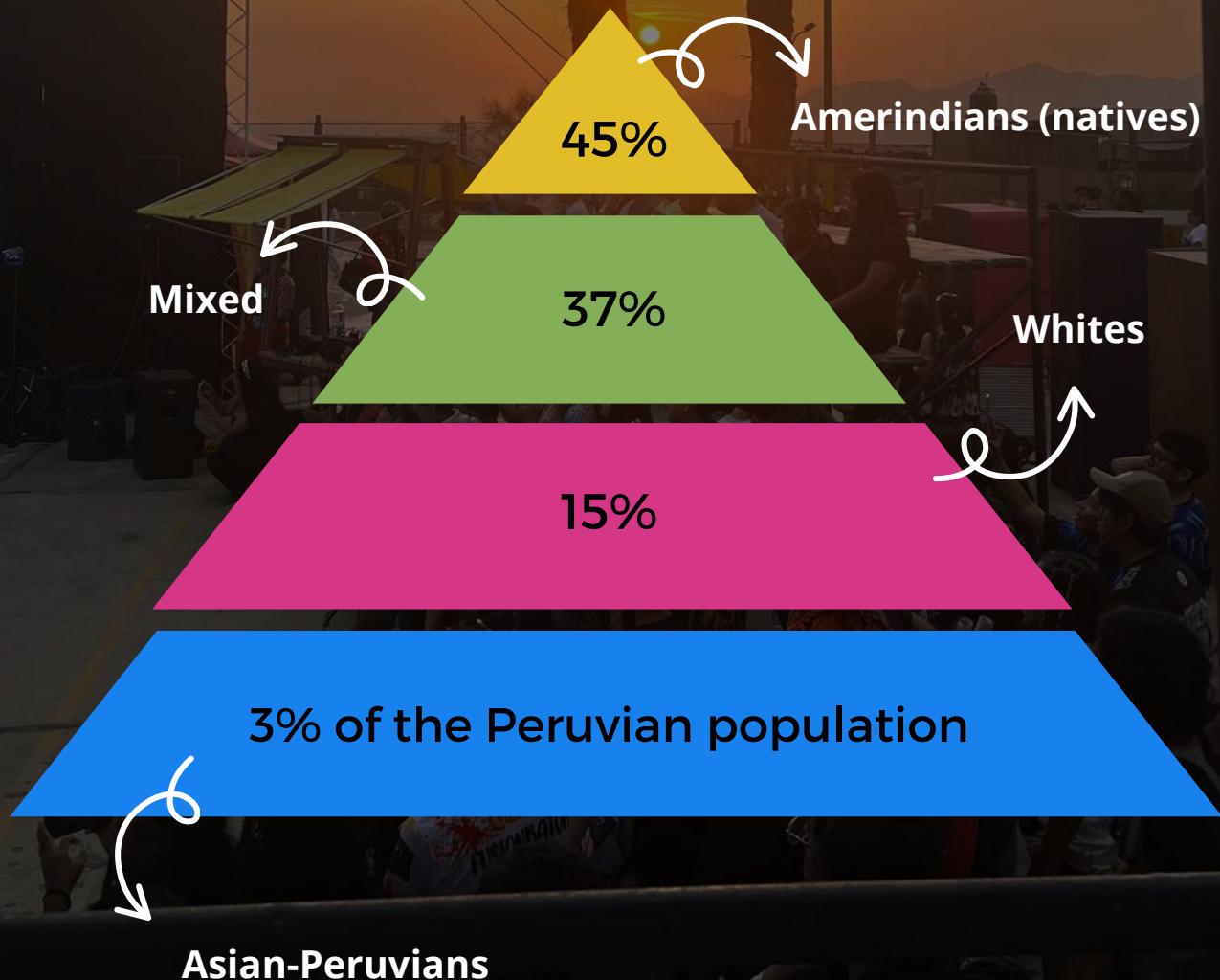
The complex Peruvian social system was inherited from the colonial era and continues to serve as guidelines and principles that regulate Peruvian social and interpersonal behavior. Society can be divided into three social classes: the upper class (3%), the middle class (60%), and the lower class (37%).

Society is shaped by a set of beliefs, customs, and ways of life inherited from native cultures and the colonial era. Migrant groups such as Africans, Japanese, Chinese, and Europeans have also contributed to society, blending their cultures with those of Peru.



POPULATION STRUCTURE

Spanish is the official language of Peru. It is spoken by 84% of the population. In addition, 47 native languages are spoken in the country, including Quechua and Aymara, spoken by 13% and 1.7% of the population, respectively.



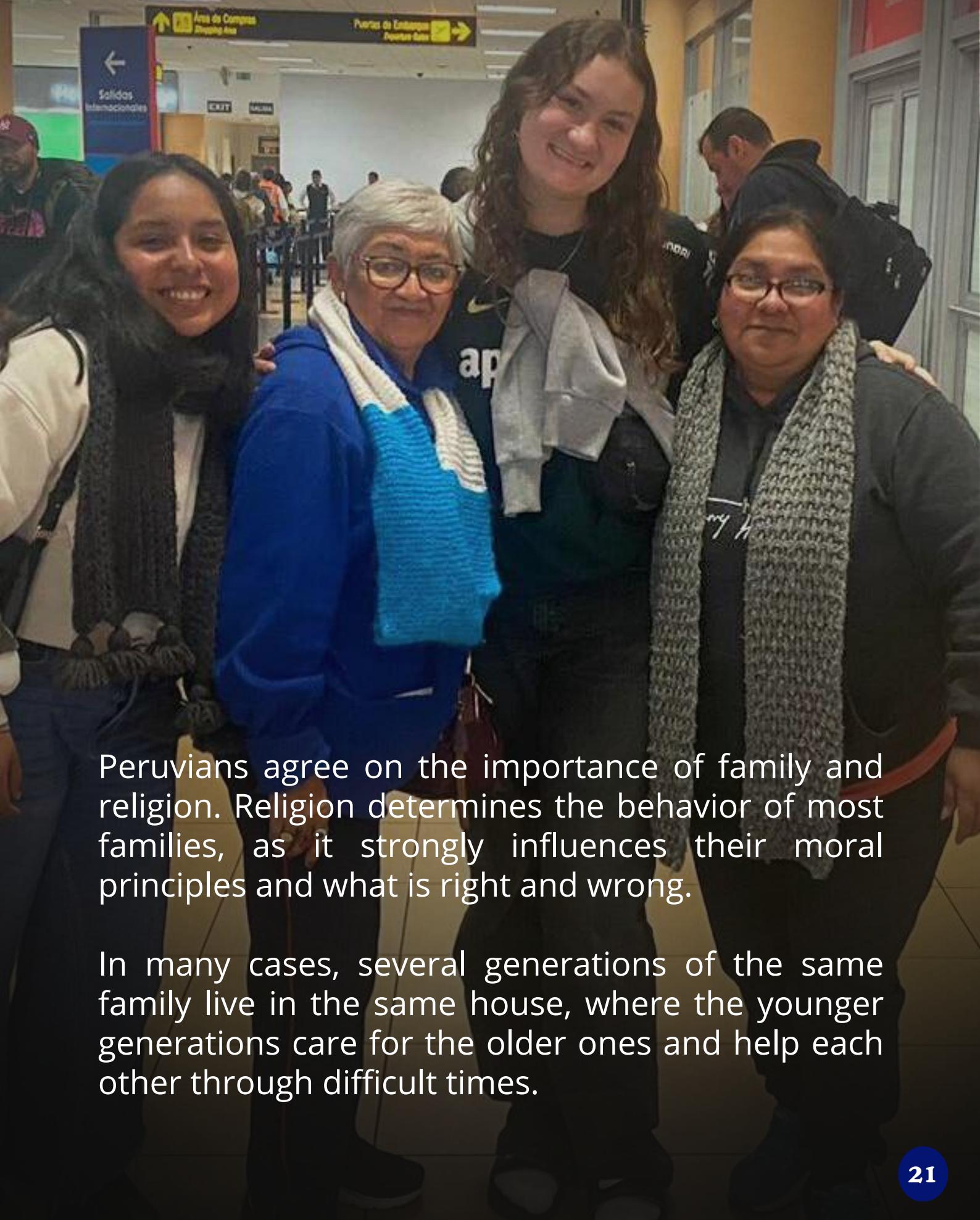
RELIGION



Nearly 81.3% of Peruvians identify as Catholic. In fact, Peru is one of the most Catholic countries in the world. The most important religious festival for Peruvians is the Lord of Miracles. It is one of the largest processions in the world and is celebrated in October.

Many Amazonian tribes have not yet been influenced by Christianity or Catholicism. These communities still retain their original religion.

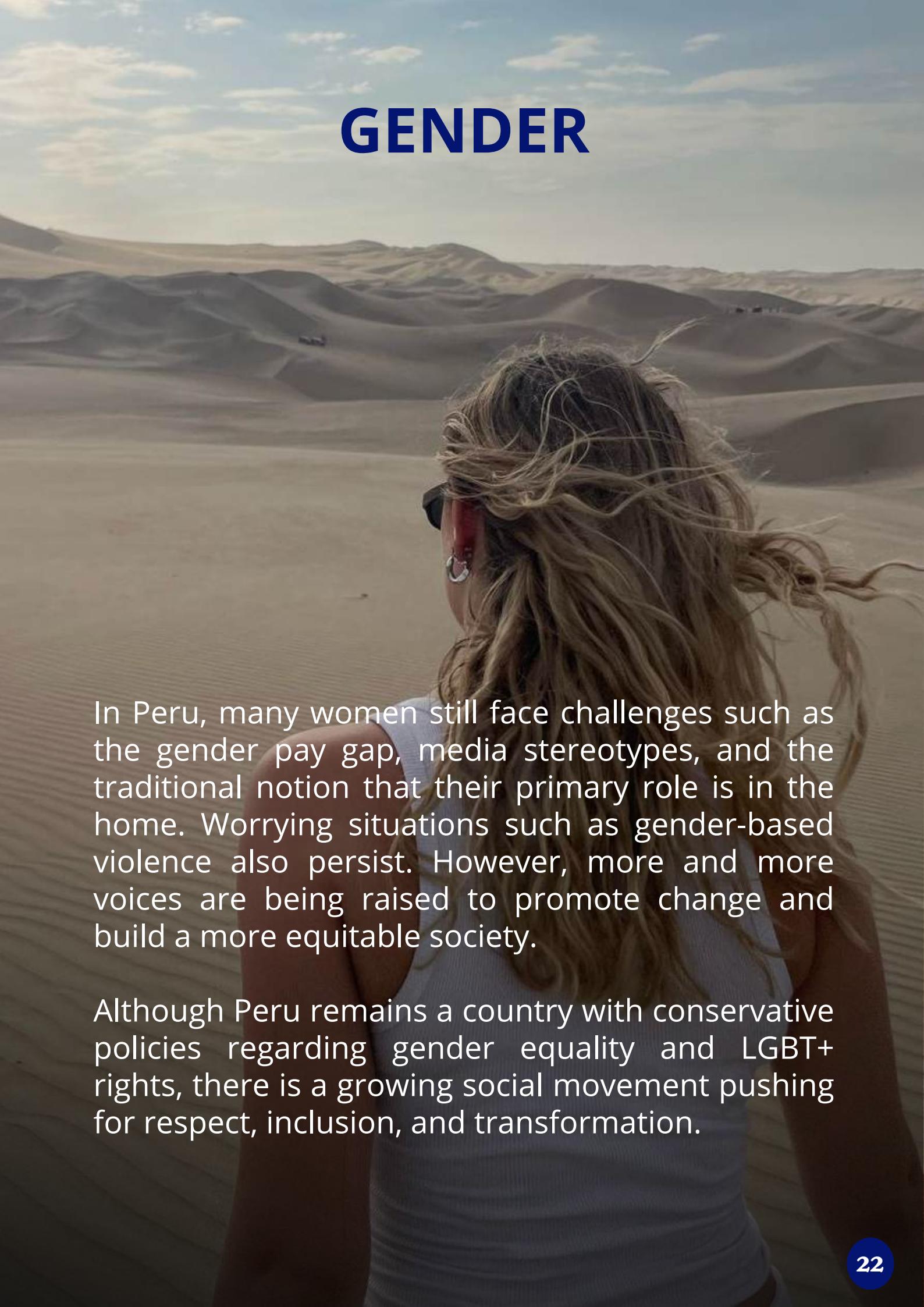
FAMILY



Peruvians agree on the importance of family and religion. Religion determines the behavior of most families, as it strongly influences their moral principles and what is right and wrong.

In many cases, several generations of the same family live in the same house, where the younger generations care for the older ones and help each other through difficult times.

GENDER

A photograph of a woman with long, light-colored hair, seen from behind and slightly to the side. She is wearing a dark top and a red headband. She is looking out over a vast landscape of rolling hills and mountains under a blue sky with scattered clouds.

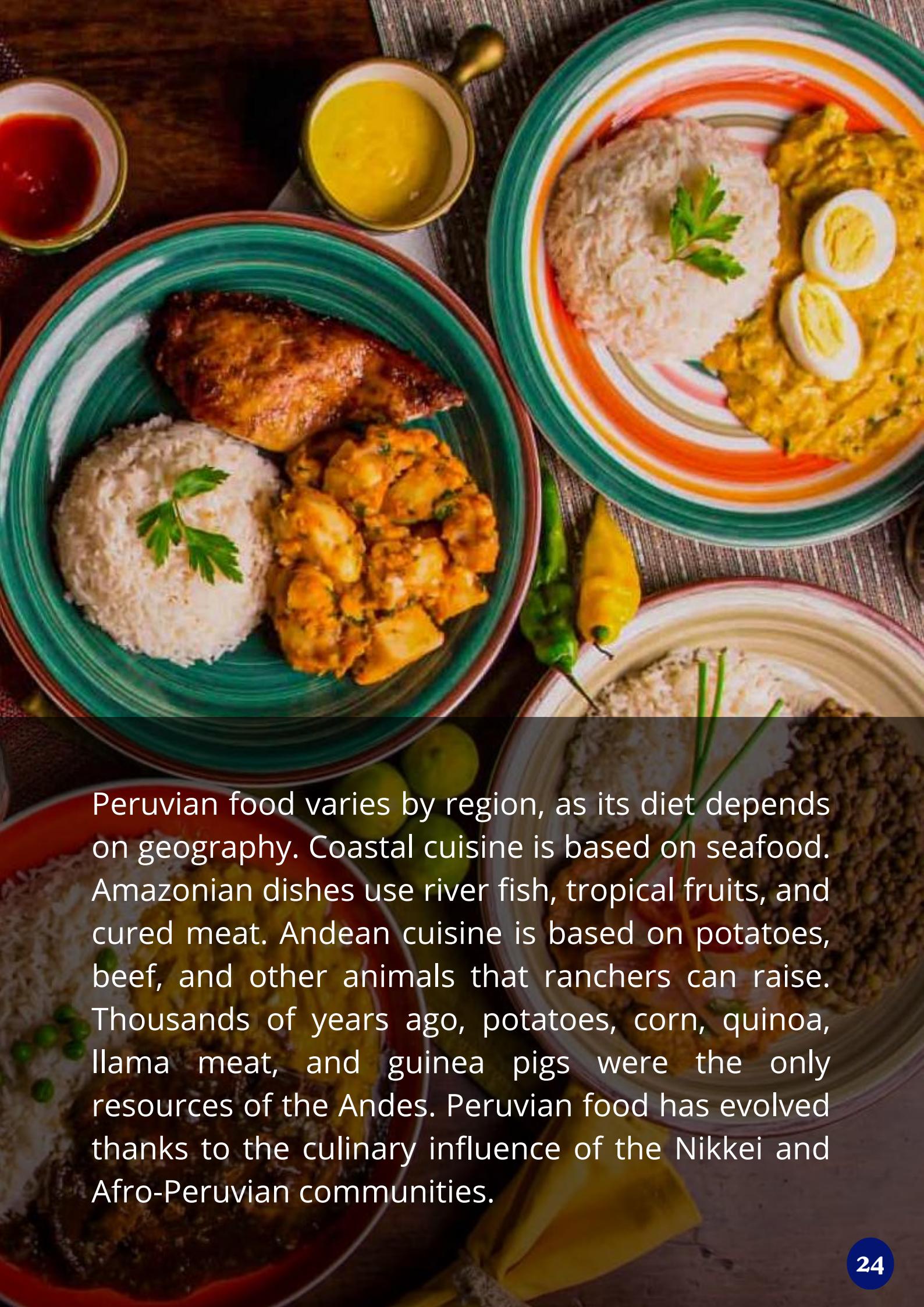
In Peru, many women still face challenges such as the gender pay gap, media stereotypes, and the traditional notion that their primary role is in the home. Worrying situations such as gender-based violence also persist. However, more and more voices are being raised to promote change and build a more equitable society.

Although Peru remains a country with conservative policies regarding gender equality and LGBT+ rights, there is a growing social movement pushing for respect, inclusion, and transformation.



FOOD





Peruvian food varies by region, as its diet depends on geography. Coastal cuisine is based on seafood. Amazonian dishes use river fish, tropical fruits, and cured meat. Andean cuisine is based on potatoes, beef, and other animals that ranchers can raise. Thousands of years ago, potatoes, corn, quinoa, llama meat, and guinea pigs were the only resources of the Andes. Peruvian food has evolved thanks to the culinary influence of the Nikkei and Afro-Peruvian communities.

COSTA



CEVICHE



LOMO SALTEADO



HUANCAINA

CUY CHACTADO



HUMINTAS



SIERRA

PATASCA



JUNGLE



JUANE



CHAUFA AMAZÓNICO



TACACHO

SUSPIRO A LA LIMEÑA



MAZAMORRA

DESSERTS



PICARONES



FESTIVITIES



EASTER WEEK



APRIL

Holy Week in Peru is a deeply rooted religious holiday celebrated with great fervor, especially in Ayacucho, where the celebrations are particularly famous. The processions, masses, and religious rituals celebrated during this week represent the passion, death, and resurrection of Jesus Christ.

INTI RAYMI

JUNE 24-25

Inti Raymi is one of Peru's most symbolic festivals, celebrated in Cusco. This event is a reenactment of the most important Inca festival, dedicated to the sun god Inti. The celebration includes ritual ceremonies, offerings, traditional music, and spectacular dances.

NATIONAL HOLIDAYS

JULY 28-29

The Fiestas Patrias (National Holidays) are a two-day celebration commemorating the country's independence. They are celebrated on July 28 and 29.

These days are marked by military and civic parades, air shows, concerts, and cultural activities throughout the country.

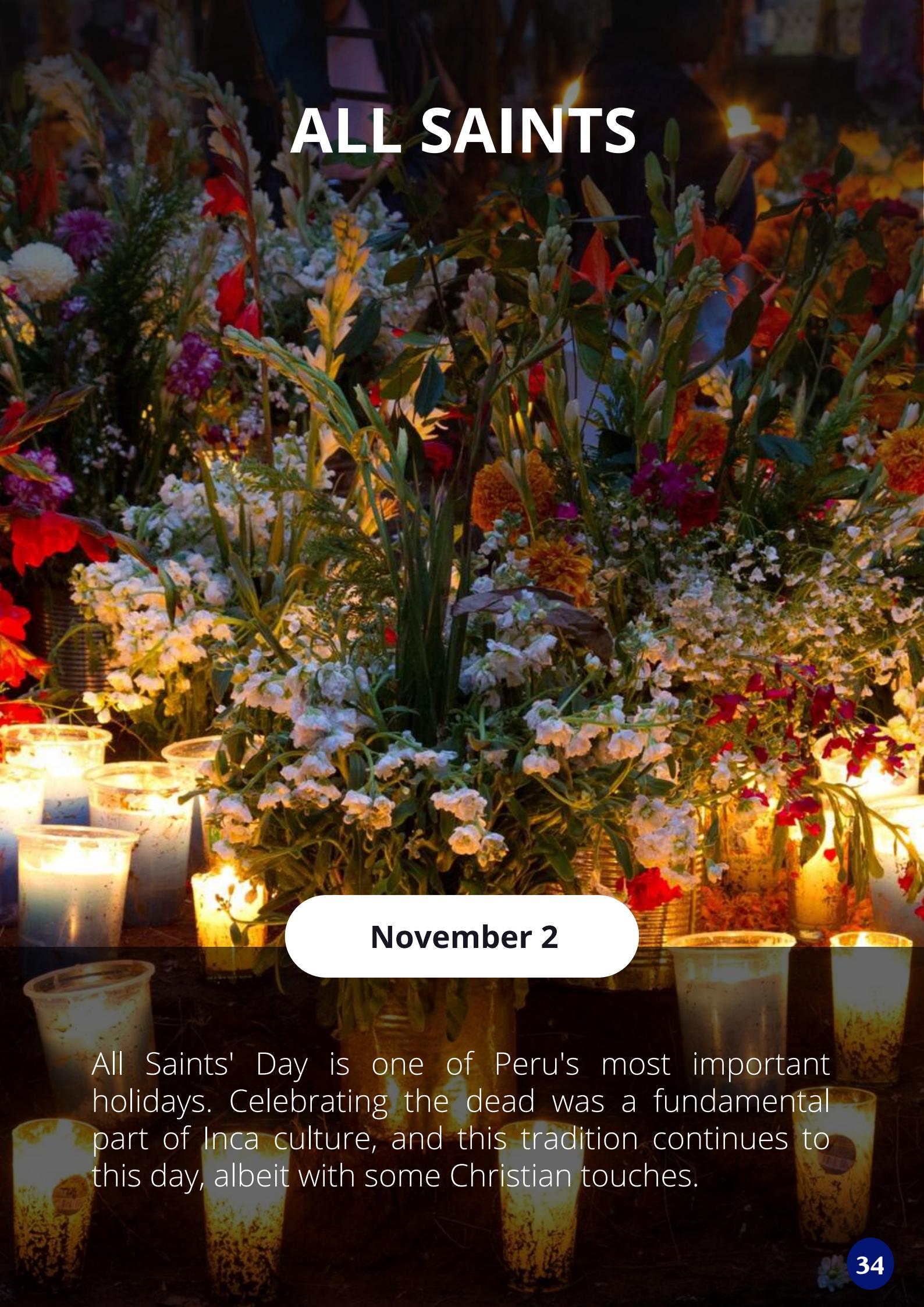
LORD OF MIRACLES



OCTOBER

The Lord of Miracles is one of the largest religious processions in Latin America. Held in October, this tradition pays homage to an image of Christ on the cross that survived an earthquake in 1655. The image, known as the Christ of Pachacamilla, travels through the streets of Lima in a procession followed by thousands of purple-clad faithful.

ALL SAINTS



November 2

All Saints' Day is one of Peru's most important holidays. Celebrating the dead was a fundamental part of Inca culture, and this tradition continues to this day, albeit with some Christian touches.

CHRISTMAS AND NEW YEAR

December 25-31

Christmas in Peru is a special celebration. Like the tradition of putting up Christmas trees, nativity scenes in Peru are the main decoration event, bringing the whole family together and bringing the warmth of the holidays. New Year's is an important holiday in most of Peru. January 1st is a national holiday, and most people leave work at noon on December 31st.

TRANSPORT



Formal transportation services include the Metropolitano (bus rapid transit system), the Corridors, and the Lima Metro (electric train).

The Metropolitano has an extensive network of 18 routes, including four regular services, 13 express services, and one night service, connecting 12 districts of Lima.



Currently, the complementary corridors have 14 services in operation: 4 on the Red Corridor, 6 on the Blue Corridor, and 4 on the Purple Corridor. The general fare costs S/.2.35 and requires a Metro card, which can be obtained at the stations. The corridors depart from 5:00 a.m. to 10:00 p.m.

Check out all the routes here: <https://corredorrojo.pe/>



Lima Metro Line 1 has 26 stations, from Bayóvar in San Juan de Lurigancho to Villa El Salvador. Trains depart Monday through Saturday from 5:00 a.m. to 10:00 p.m., while on Sundays the schedule is from 5:30 a.m. to 10:00 p.m. A train card is required and can be obtained at the stations.

Check all routes here: <https://metrolima.pe/>

ECONOMY

The Peruvian economy has experienced different stages of economic development since the beginning of the century. Between 2002 and 2013, Peru was one of the fastest-growing countries in Latin America, with an average annual GDP growth rate of 6.1%. A favorable external macroeconomic environment, along with structural policies and reforms in various areas, generated a scenario of high growth and low inflation. The solid growth in the employment rate dramatically reduced the poverty rate, which fell from 49.9% in 2004 to 26.1% in 2013.

TYPE OF CURRENCY

CURRENCY: Peruvian Sol

Currency code: PEN (S/.)



USD to PEN exchange rate:

US Dollar (USD) = 1

Peruvian Sol PEN = 3.63



EUR to PEN exchange rate:

Euro EUR = 1

Peruvian Sol PEN = 3.95

PRICES



LUNCH

10 -20 PEN.



HAVE COFFEE

2 - 10 PEN.



PIECE OF BREAD

0.4 - 2 PEN.



BOTTLE OF WATER

2 - 10 PEN.



PUBLIC TRANSPORTATION

1.50 -6 PEN.



PAPER

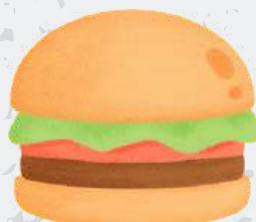
9 - 15 PEN

A Europa: 10 PEN.



RESTAURANT FOOD

15 -50 PEN.



HAMBURGER

7 -30 PEN.

PRICES



COCA COLA

3.50 PEN



MOVIE TICKET

8 - 30 PEN



CIGARETTES

10 - 20 PEN



NIGHTCLUB ENTRANCE

Gratis - 30 PEN



NEWSPAPER

1 - 5 PEN



BEER

10 - 15 PEN



Peru's political history has been marked by numerous military coups and constitutional changes. The 1993 Peruvian Constitution, which has been amended several times since its promulgation, establishes a government headed by a president elected by popular vote for a five-year term, who serves as both head of state and head of government. The president is eligible for reelection but is prohibited from serving consecutive terms. Dina Boluarte is the current president of Peru.

GOVERNMENT

TOP 10 ESSENTIAL PERUVIAN EXPRESSIONS

iAsu!

Expression of surprise or amazement
"Wow, this is so delicious!"

Pata

Friend or colleague "That's my work friend"

Chamba

Job "I'm looking for a job"

Jato

Home
"Let's go to my place later."

Chévere

Great, awesome, excellent
"Your idea is cool"

Causa

Friend or brother
"Speak up, cause, is everything okay?"

Qué palta

What a shame or discomfort
"I made a mistake in public, what a shame!"

Lonche

Snack or light dinner
"See you for lunch at 6."

Misio

Out of money.
"I can't go out, I'm sick."

Yapa

Extra or little gift that you get when you buy something
"They gave me my bonus at the market"



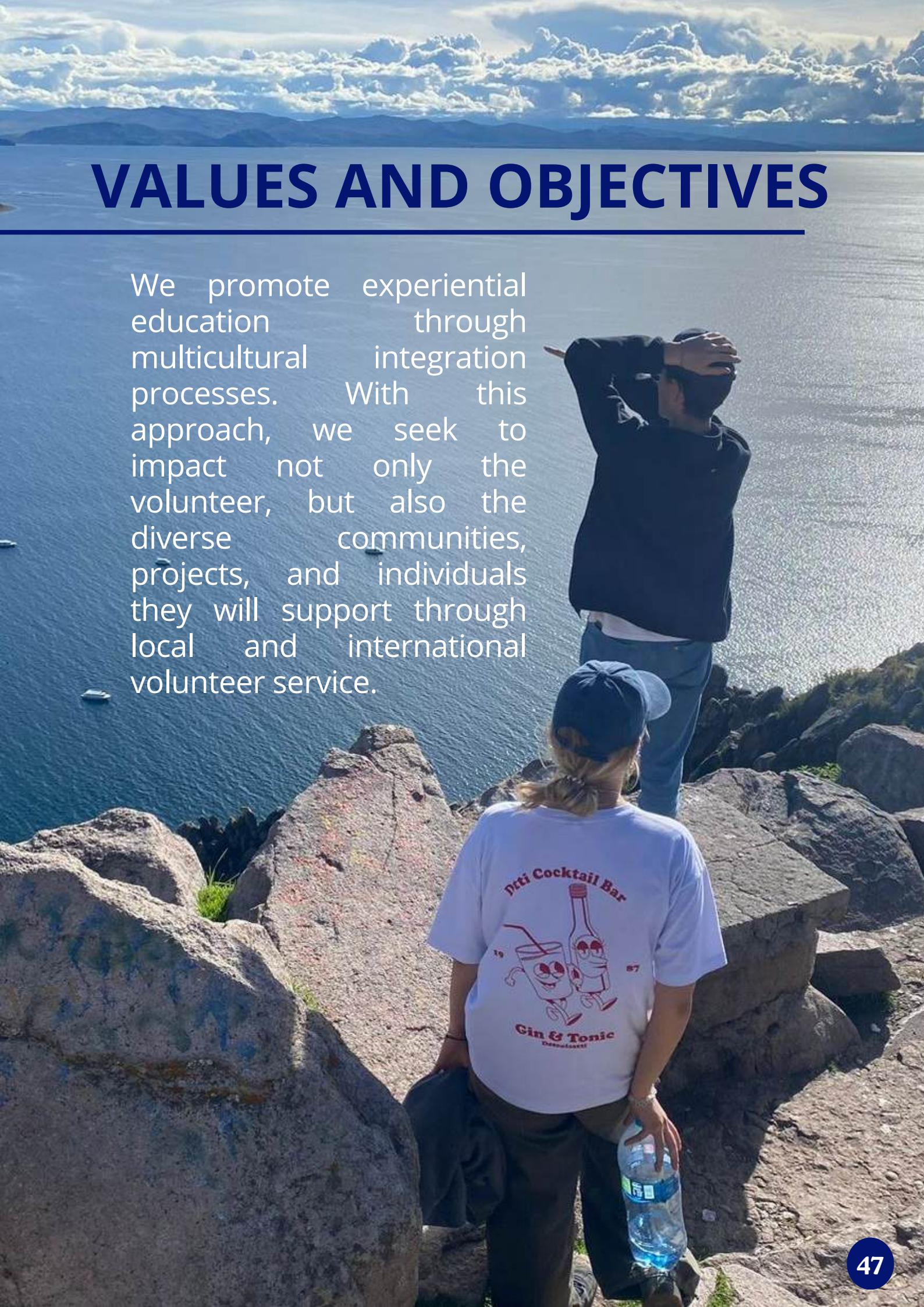
GENERAL ASPECTS

"Asociación Vida y Voluntariado" (ViVol) is a non-profit organization that provides intercultural experiential education through voluntary community service.



VALUES AND OBJECTIVES

We promote experiential education through multicultural integration processes. With this approach, we seek to impact not only the volunteer, but also the diverse communities, projects, and individuals they will support through local and international volunteer service.



VALUES AND OBJECTIVES



Responsibility



Proactivity



Solidarity



Cultural Diversity



Friendship



WE WANT...

- Strengthen volunteer service
- Implement intercultural education
- Support local NGOs
- Provide opportunities to people in vulnerable situations.



MISSION



We are an NGO that seeks to promote experiential education by facilitating multicultural integration processes. In this way, we aim to empower young people and civil society to develop a worldview based on equity, equality, and awareness of what they can do for the well-being of others.

VISION



To become the first choice in Lima for international exchange programs and alternative learning processes. To create programs and spaces to collaborate directly with various social organizations to participate in social development projects.

PROGRAMS

Local volunteer positions for international candidates

We facilitate the participation of young people and adults from abroad in volunteer activities in Peru. Our organization ensures that candidates enjoy a safe and welcoming environment throughout their stay. Our goal is for them to return home having made a significant contribution to local social projects, while acquiring knowledge and skills for their personal development.



International volunteer program for local candidates

We offer Peruvian youth and adults the opportunity to participate in volunteer activities abroad. Through our collaboration with international organizations, we facilitate their integration into interesting social and cultural projects, ensuring a safe and welcoming environment and taking care of the necessary paperwork. Here too, our aspiration is for Peruvians to return home having made a significant contribution to society while acquiring knowledge and skills for their personal development.

SERVICES



SEMINARS

VIVOL will offer training seminars for its volunteers. Volunteers will have three seminars during their program:

- Orientation
- Halfway through the program
- Final
- All volunteers will be housed either with a host family or at the project. Accommodation information will be sent approximately one month before their arrival in Peru.

GENERAL PACKING LIST

- Passport
- All your pre-travel documents
- Small gifts from your country to give to people in your project, host family, and friends
- Clothing for different seasons
- Electronic adapter (Peru uses 220V, the plugs have two flat pins)
- Towel, swimsuit and sandals
- Soap, toothpaste, toothbrush and shampoo
- Any medication you take regularly (enough for your entire stay)
- Debit card. Credit card in case of emergency (for example, to leave as collateral at a hospital)
- Pack clothes in your carry-on bag in case your checked bag doesn't fit.



PACKING LIST: MOUNTAINS AND WINTER

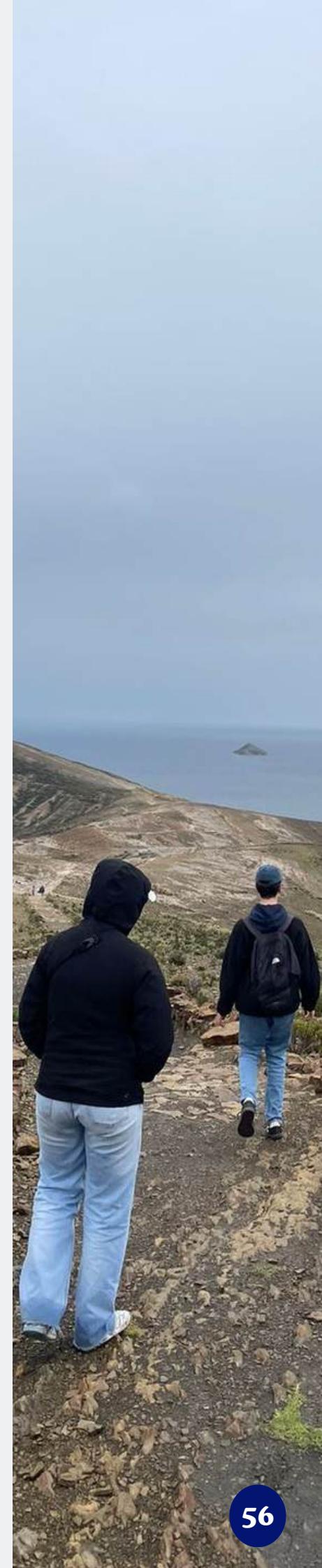
In Peru, the climate has two distinct seasons: summer and winter. During the winter, which runs from May to September, Lima typically experiences cold and humid temperatures, while in the mountains and highlands, the cold is intense, especially at night.

What to wear for winter in Lima:

-  Coat, long-sleeved shirt
-  Long pants
-  Comfortable, closed-toe shoes

What to wear in the cold in the Sierra / Mountains:

-  Thick coat or down jacket
-  Thermal clothing (shirts and pants)
-  Scarf, hat and gloves
-  Durable mountain boots
-  Comfortable layering clothing (to adapt to the cold and sun)



PACKING LIST FOR COAST AND SUMMER

In Peru, summer runs from December to March, with warm temperatures and plenty of sunshine on the coast and mountains, while the jungle has a tropical, humid, and hot climate year-round.

What to wear for summer on the coast and mountains:

- ✓ Light and cool clothing (T-shirts, shorts)
- ✓ Swimsuit (ideal for northern beaches)
- ✓ Sunscreen and a hat or cap
- ✓ Hat/cap and sunglasses
- ✓ Comfortable and breathable footwear
- ✓ Insect repellent

What to bring to the jungle:

- ✓ Light, long-sleeved clothing to protect against insects
- ✓ Raincoat or poncho for frequent rains
- ✓ Closed and resistant footwear
- ✓ Wide sun hat
- ✓ Insect repellent and sunscreen





Contact us:



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