1. Get yourself on a list at one of the clubs in Larcomar, and be sure to go when there is a great deal of people. You’ll be able to dance and enjoy yourselves with great music and a bunch of Peruvians.

2. Grab a grilled sandwich from Sanguchon. They are cheap and guilty, and there is a location right down the road on Primavera. Be sure to try an Enchilada too.

3. Head to the beach for a surf. If you do it right, you’ll have 2 hours (more than enough time) and both a board and wetsuit for about $10.

4. Get to the Centro de Lima. The architecture and plaza are incredible, and there are also many places to shop and see.

5. Get a tour of Barranco, by a company or a friend, and walk there at night too. The buildings are cool, and the walk down to the beach is very cool.

6. Go to Miraflores during the day to get some shopping and sightseeing done, then stay for the night and walk through the crowded alleys and find a place to have some drinks and dance a little.

7. Try a chifa! I recommend a nicer looking one, as they have a reputation for being a bit iffy, but go to a nice one and share dishes. It’ll be surprisingly cheap and delicious!

8. Head to the different shopping areas in Lima, like Polvos Azules, Gamarra, and other places. They have everything you could ever want, and you can buy all the great cheap knockoffs there!

9. Try ceviche! Especially if you like fish...if not, try it if you think you can. It’s a very Peruvian dish, and there is no better place to try it than by the ocean.

10. Plan a trip to the Jungle! Maniti Camp expeditions in Iquitos was about the cheapest we found for a large group, and we all had a blast! Ask for Rick, he speaks perfect English.

11. Organize a trip to Arequipa. Give yourselves plenty of time, and bring a pillow to take in the bus. Be sure to pack warm, it gets chilly at night!

1. Ask UPC to have the chance to go into a high school in Lima. Our group went to one that was a private Catholic school and worked with kids on their English and just talked with them. Best experience by far!

2. Parque de los Aguaes – amazing park with fountains and shows.

3. Parque del las Leyendas – zoo which is cheap but still has lots of variety!

4. Amazon – Iquitos – best experience of my life. We stayed at a hotel in the amazon jungle, went piranha fishing on the Amazon River, saw amazing wildlife and ate crazy good jungle food, went to a nearby Amazon village and learned their ways of life, met with a tribe, go to hold a sloth and a monkey, and walked through the Amazon and so many more awesome adventures! It was extremely hot and bring bug spray with you, but the experience was well worth it.

5. Go to the Centro de Lima and go on the San Cristobal tour. It is super cheap. Only 5 soles, and you go up to the hill and see the view of Lima and go to a cross on top of the hill. Such an amazing experience!
6. **Burrito Bar in Barranco.** It is a hole in the wall place to eat but once you find it you will fall in love with their food. Best burritos, chips and salsa, quesadillas, margaritas, anything you could want!

7. **Tuesday nights – Cinemax aka movie theater in Jockey Plaza.** It is the cheapest night.

8. **Tour of the Centro de Lima**

9. **Go to the beaches in Asia.** So beautiful and nice and sandy.

10. **Sand boogying in Paracas.** Cheap and fun to do!

---

1. **Amazon!** – Everything was planned through UPC so ask the international office to set up the same trip that they set up for us.

2. **San Cristobal at Centro** – Centro is the oldest district of the city. Ask a cab to take you to the Plaza de Armas. That is where the National Cathedral and the National Palace is. There should be a bus with a lady yelling San Cristobal circling the plaza. It should cost 5 soles for your tour there. They take you up to this big cross/altar, which is on top of a hill that overlooks the entire city. Super beautiful and you can buy candles to light at the altar, which are supposed to bless your life!

3. **Burrito Bar** – Probably the only authentic Mexican food in the entire city.

4. **Cajamarca Festival** – This is in February in the town of Cajamarca. You can fly there for fairly cheap, $100-$150 round trip. On Saturday they have a big water/paint fight in the main square and there’s also a bunch of traditional Peruvian dances and music. Awesome weekend trip!

5. **Jockey Plaza** – a huge super nice mall that is only 5 minutes away by cab. It is a cool place to kill some time or to go shopping, although a lot of the clothes are very expensive. They have good places to eat there: Hard Rock Café, Pinkberry, and Chili’s for when you miss American food.

6. **Larcomar** – Another awesome mall. It is built into the Cliffside that faces the ocean in Miraflores. Good stores, food, and they have a theater and bowling there too!

7. **The beaches at Asia** – the beaches in Miraflores are made of rocks not sand, so if you want a nice sand beach the closest is Asia. Ask a cab to take you to the Boulevard at Asia. It will cost you anywhere from 100-150 soles. The Boulevard itself is very cool. It’s a nice mall and there are clubs there too. Ask someone where the closest beach is and they should point you down a road just outside of the Boulevard area. It is about ten minutes away if you are walking and then you are there!

8. **Huacachina** – During the planned trip to Paracas, have the resort call you a taxi and take you to this oasis called Huacachina. The town itself is really beautiful. There will be a bunch of random guys tell you to sand board there. It is way cheaper here than at the resort, but I did both and loved it each time. Try to find a guy named Marco, afterwards they offered to take us on a vineyard tour, and it was worth it as well!

9. **The hidden pizza place** – Also during the trip to Paracas, go to the close by city of Ica. Go to the plaza and at one of the corners of the plaza is this pizza and ice cream place with no sign or name or anything. It is a hole in the wall but it is delicious and super cheap. One of my favorite memories was getting pizza and ice cream there and eating it in the main square.
10. Paragliding – In Miraflores, this company called Kunturfly offers a paragliding experience for about $60. The business is close to Larcomar. Here is the website, http://www.kunturfly.com/, if you get the chance to do it take it!

1. Be involved with your family. Ask them how they are doing, what they are doing, what their interests are... etc. Make friends with them because they are amazing people.
2. Don’t procrastinate on homework... The quicker you get things done, the more time you will have to fly by the seat of your pants like a Peruvian. Opportunities can come about at any moment. Be ready.
3. Make the personal space you are given your home. Make your space comfortable so you have a place to rest and calm your mind when things get hectic.
4. Talk to your conversation partners! If you make good friends with them, they will include you in activities where you will be able to meet more friends and practice more Spanish!
5. Check out the stores near Vivanda... The place is called Eden. There are a bunch of things you can find there. Downstairs are a bunch of smoothie/juice places, and upstairs are a bunch of clothing places with an artsy store, a store that sells pirated dvd’s (like every other store in Peru), and a couple salons.
6. Don’t buy too many things early on. You will have MANY opportunities to buy things the entire time, and chances are, you will be able to go back to places if you really wanted something. And ALWAYS look for cheaper prices. Even if you barter someone down... sometimes, you can still find cheaper!!
7. Instead of buying water, cook it! Boil the water out of the tap, and it is tons cheaper, and you can keep it in the refrigerator so you’ve always got some cold water.
8. If you have hobbies that you think you won’t have time for... you will probably have time for them. It is nice to give yourself a little down time doing something that relaxes you. I like to sew and crochet and stuff like that and just ended up buying stuff here to do it. I wish I would have brought the stuff so I didn’t have to buy it.
9. Go on vacations with people. Go to every place you can.
10. Try new foods. I enjoy telling people I have eaten guinea pig brain, alligator, and alpaca... no matter how strange it is!

1. Teach someone an American card game in Spanish. It doesn’t have to be cards, I suppose. It could be any sort of game we play in the States. But honestly, this was my favorite part of being in Peru. It really tests your language skills to the hilt to teach somebody a card game in a foreign language and it is a great way to break the ice.
2. Visit Barrio Chino. It is just so busy and crowded and REAL. So much of Lima is modern, written in English, and just feels fake. Barrio Chino is real.
3. Go to the Magic Water Circuit show in Centro Lima. It is really something, and Peruvian natives, especially Limenos, will love to show it to you.
4. San Francisco Church Catacombs in Centro de Lima. Enough said.

5. Ride a combi. Sure, they are crowded and noisy and scary looking, but they are PERUVIAN. They put pictures of combis on their postcards. And honestly, they are a good way to get from one place to another cheaply.

6. Go to Punta Hermosa. If you’re going to do the beach, and we all know you probably will, go there. The water is blue, the sand is white, and the waves are hopping.

7. Go to a market, a fresh food market. They are an extremely unique experience. I suggest the Belen Market in Iquitos, but if you don’t go to Iquitos, that’s no reason to skip out on the experience.

8. The Miraflores Markets. If you are looking for souvenirs, you can’t neglect the artisan markets here.

9. Go to church. Even if it is just for Semana Santa, part of being in Peru is experiencing the Catholic Church at its South American finest.

10. Get out of town. Don’t stay in Lima. Peru is so big and beautiful, get out and get to know some more of it. Ask your Peruvian friends where they would recommend, traveling with them is so much more fun than just with Americans, trust me.

---

1. El Circuito de las Aguas in Centro de Lima-- a cool water fountain park with engineered fountains and holograms in a night light show.
2. Miraflores-- el parque de los gatos, there is a little area in the middle of the cat park where people sell souvenir types of items...it’s fun to just look around!
3. Go to a discoteca! Going out dancing is so much fun because they dance all night long at the discotecas, and you learn all sorts of fun Latin dances as well as the pop culture of Lima...music, people, dancing!
4. Go to the jungle in Iquitos for a weekend and experience the culture of “jungle” people...when Peruvians refer to people who live near the jungle they are simply referring to how Americans would say “southerners”, for example.
5. Arequipa, Peru is absolutely beautiful! Take a trip to the Colca Valley and stay in Chivay at a hotel...it’s cold so I know you will appreciate a little bit of cool weather!
6. Try Chifa! Chifa is the Peruvian version of Chinese food and it’s very good. Definitely not Chinese food, but also...not Peruvian.
7. Be prepared to eat a lot...A LOT...of rice. Your first few meals you will think you’re not being fed very much but I can almost guarantee you won’t finish your entire plate...but remember that it is customary/polite to finish your plate completely.
8. Some families only have breakfast and almuerzo (lunch around 2pm) and other have breakfast, almuerzo, and lonche (an evening snack, toast or ice cream)
9. Go to the Inca Market in Miraflores and also to Polvos Azules if you want to buy souvenirs! There are so many shops to choose from, you should probably go on a day where you don’t have class! Cusco is another good place to buy souvenirs!
10. Take the Metropolitano bus system (you will need a bus card) and ride to Centro (with Peruvians, because it’s complicated!) and go to La Iglesia de San Francisco. Take a tour at the church, in English or Spanish.

1. Try the famous national soda, Inca Kola
2. Try tea made from coca leaves
3. Go visit the jungle
4. Barter at the markets
5. Take the combis (not always a fun experience, but interesting)
6. Try Chifa—eventually you grow fond of it
7. Go out of Lima to see the other side of Peru, the rural poor areas
8. Take advantage of the cheap clothes
9. Obviously Machu Picchu and other Inca ruins
10. Swim in the Amazon

1. Arequipa—Colca Canyon is so beautiful you have to see it.
2. Amazon—One of those experiences that you will never forget.
3. Markets—There are markets in almost all the cities you will visit. They have really cool stuff that you can buy, and it’s cheap.
4. Jockey Plaza—If you’re bored, you should go to Jockey Plaza because there is a movie theater, restaurants, shopping, etc. If only costs 5 or 6 soles to get there from UPC so it’s cheap to take a taxi there.
5. The South. All of the beaches with sand are in the south. The beaches close to Miraflores/Barranco are good for surfing but they are rock beaches so they hurt to sit or lay on.
6. Larcomar. Larcomar is in Miraflores and it’s a really nice area of Lima. There are some nice discos there that you can go to if you are on the list.
7. Sanguchon! They have really good sandwiches there if you want to go somewhere to eat.
8. If you want to surf, go to Miraflores and there are surf schools that are pretty cheap where you can rent boards and gear and they will give you lessons.
9. There is a little grocery store by the dolphin circle that you can walk to and they have drinks, snacks, or anything like that. It’s super close to UPC so you can walk there in like 3 minutes depending on where you live.
10. Polvos Azules. It is a market where they have sooo much stuff. It’s like 20 or 25 minutes away from Surco. The Peruvians always say to go there with a Peruvian and don’t be there after like 6 pm because it isn’t the safest neighborhood and there are pickpockets.

1. Go on the trips UPC plans for you.
2. Cusco has to be one of those trips... if not go on your own.
3. Try everything they put on your plate, at least once. Don’t worry about calories, just try everything and eat whatever you see that looks interesting. YOU ARE ONLY IN PERU ONCE.

4. Talk to your siblings as much as possible. Since they will generally speak a little bit of English it’s easier to speak with them than your parents in the beginning.

5. Go out with friends and family! The discos and dancing are a lot of fun here. You will have time to do homework so don’t worry about it, or you can sleep when you are dead!

6. Make weekend trips to other towns when you have free weekends.

7. Become close with someone in Peru, host family, Peruvians, or UNK Students, if you don’t you will not have as much fun and you will get homesick quicker/more since you will be sitting at home.

8. Get to know your conversation partners and have them take you places. They know what activities are fun and where famous locations are so trust and follow them everywhere!

9. Do everything that pops in your head! Surfing, Parasailing, Eating at a fancy restaurant, you are only in Peru for a short amount of time and everything is cheaper here... Live your life to the fullest while you are here, go out and do everything and anything.

10. Go to the Amazon and find an all-inclusive tour to stay in the Amazon.

1. Make sure you get the chance to go to Cuzco and see Machu Picchu of-course, but the next trip that I think you should make sure that you try and do is the trip to Iquitos. I never in my life thought that I would go to the jungle and be able to experience all that I did. The amazon was amazing and unforgettable. There is so many cool things to see and it is a place that you will remember forever. To me it was a place where so many things are unknown and unseen that when you spot something and see these animals that live there it is mind boggling. Everything in the jungle is 10 times bigger then you have seen or 10 times smaller (like some monkeys we saw!). It is an experience worth your money and to me you will never have a closer chance of going or a cheaper chance!

2. You have to try all of their food here! If you are a picky eater, try and not be because their food here is very interesting and not what you would expect. They have amazing CHIFA and amazing Sushi. If you like sushi Peruvian sushi is to die for. There is a place called Oceanica that is a sushi buffet for 45 Soles of all you can eat and all you can drink. You order off of a menu and can pick 5 different kinds at a time. It is amazing. You have to go if you are ever in Lima.

3. We went to the Circuits de Aguas, which is a big park that is full of all of these interesting fountains and at night they have a fountain show with lights. I suggest you go to this because it is very cool how they put on this show. All of the fountains have different colors and they somehow have music and pictures inside of the water. It is very neat to see!!

4. A professional soccer match! We unfortunately never got the chance to go because we were scheduled to go to Cuzco instead but we were going to buy tickets. We were going to go to the Peru vs. Chile soccer match and if you go to the fountains in number #3 you will be able to see their big soccer arena. My family and everyone in Peru loves soccer and you will see that when
you come here. I am sad that I never got to experience a game but on game days here it is a riot and you can hear people from all over screaming and cheering!

5. Definitely find time to go to a discoteca (disco). They are one of the most fun places to go during the weekend because everyone is always dancing and the music is amazing. Reggaeton has become some of my favorite music to listen to and it is always being played at the Discos.

6. There is a lot of fruit drinks that you can get at every restaurant usually. Everything is fresh fruit and I would suggest trying mango or fresa leche at a restaurant. Also Chicha has become one of my favorite drinks to have at restaurants also. Chicha is a purple corn and it is very sweet but very good.

7. Go and spend some time at Larco Mar. It is a beautiful outside shopping area with a lot of little restaurants inside as well. It is right on the ocean and you can have beautiful scenery.

8. Surfing!! We took a class and got an hour to go surf for 50 soles and it was worth it. It was extremely fun because I had never been before! They teach exactly what to do and they stay out on the water with you to help you catch waves and get the full experience.

9. Go to Matucana if you get the chance. We got to go with one of our professors and it was beautiful. It is in the Andes Mountains and you get to hike up to see a beautiful waterfall! The sites and views are amazing and the town itself is very beautiful.

10. Do not ever drive here. Everyone here drives a stick shift more or less and the streets are always crammed with people honking at one another. It is not fun. Make sure you know how much a taxi should cost to get from one place to the next. Taxi drivers here know when you are not from here more or less and sometimes try and jip you.

---

1. Must go to the Amazon jungle.
2. Must go to Parke de las Aguas at night.
3. Must go to a night club or dance.
4. Must try tamales at Cusco city.
5. Must go to downtown Lima during Semana Santa.
6. Must try as many Peruvian dishes as possible.
7. Must go to Larco Mar and watch the sunset.
8. Must try maracuya ice cream.
9. Must watch the show “Rojo” while you are here.
10. Must go to parks at night because there are always a lot of interesting performances going on.

---

2. Visit the jungle. There are many things to try and see.
4. Visit Ica and go sand boarding.
5. Enjoy the nightlife in Lima. Aura, Hypnotic, and clubs in Barranco are very fun.
6. Go to a Peruvian soccer game.
7. Go to the beach and surf. Very cheap! Around $8 dollars for a wet suit and board for as long as you want.
10. Enjoy the wonderful food here and try as much new stuff as you can.

1. Visit Arequipa, specifically the Colca Valley. Beyond beautiful
2. Take a few combi rides. It’s scary, but an adventure.
3. Go out to a nightclub and dance to reggaeton music until you can’t stand. It’s a blast. Consider going to Miraflores to “Aura” or “Hypnotic”. They play the best music.
4. Try a pisco sour. It’s not the best, but it’s a traditional Peruvian drink you must try.
5. When you’re in Cusco, go to Jack’s Café. They have great American food and lots of good breakfast options…even French toast!
6. Spend some time shopping or going to a movie in Jockey Plaza. It is always full of people and it’s a great place to people watch.
7. Get your nails done across the street from the university. The ladies are really nice and love talking to exchange students. (and laughing at our Spanish)
8. Eat at SANGUCHON! There are many locations, even on conveniently right across the street and a block away from campus. They make great enchiladas and sandwiches!
9. Go surfing in Miraflores...most renters will give you a board, a wetsuit, and a lesson for 20-25 soles. Cheap and so worth it...even though you might just ride the waves on your stomach.
10. Go to Iquitos and stay in the Amazon Jungle along the Amazon River. Check that off the bucket list.

1. The Amazon in Iquitos. It was my favorite trip in Peru because we got to see the monkeys, snakes, birds, dolphins, piranhas, and other animals. I also liked how we got to sail on the Amazon and hike through the jungle. In Iquitos, we got to walk through the markets and go to a zoo. It was definitely a memorable experience.
2. Cusco because of Machu Picchu. I enjoyed walking through the ruins and taking the train to Machu Picchu. It was awesome.
3. The Colca Canyon and Valley. It was beautiful to see the valley, canyon, and some of the volcanoes. We didn’t see them up close but it was definitely worth the trip to Arequipa.
4. Circuito Mágico Del Agua is a park in Lima with many fountains. It was beautiful to see the fountains and fun to walk through them. I even got to see an expo where they projected light through the fountains and made a show for an audience. It was awesome. I recommend that the next group sees the park and brings their cameras and bathing suits.
5. La Iglesia de San Francisco is a church in Centro de Lima with catacombs. It was awesome to see the skeletons and the other rooms of the church. It had a lot of beautiful architecture.
6. Surfing. I went surfing in Miraflores for 50 soles ($20) and it was amazing.
7. White Water Rafting. I went to Lunahuana, which is 3 hours away from Lima, to go sightseeing and one of the things we did was rafting. There are other places to do the rafting like in Arequipa. The rafting was my favorite part of the trip. We got soaked but it was so fun to do it. I wish I could do it again in Peru before I leave.

8. Beaches. I went to a couple beaches in Lima, El Silencio and La Punta Hermosa. El Silencio is a great beach to go to for dancing and seeing the ocean. La Punta Hermosa is another great beach to go to in order to swim and try Ceviche.

9. Horseback riding in the desert. During the Ica trip I went horseback riding in the desert for 50 soles ($20) and it was the most amazing experience I have ever had. I felt so free in the desert while riding the horse. It was just a tour guide, Kim, and me in the desert with never-ending sand dunes.

10. Sand boarding and sand bugging. While in Ica, I went sand boarding and it was fun, until I wiped out but it was worth it. You basically lay or sit on a board and go down a sand dune. The other thing that we did in Ica was go sand bugging which was like a roller coaster in a car. We would go over these huge sand dunes and it would feel like we were going to wreck, but it was amazing. The next group should bring a pair of sunglasses so they don’t get sand in their eyes!