



Visitor & Volunteer Handbook

Dear Visitor,

Against inconceivable odds, thanks to your support, the people of Chimbote are changing their lives for the better. One of the best ways to understand how this is happening is through a visit.

In the last ten years, thousands of visitors and volunteers have visited Chimbote. They have aided Peru by the money they've spent during their trips, and have become invaluable sources of information about Chimbote once they've returned to their own communities.

We hope you will have a similar experience and, to help, we've put together this information packet. Please print it and read the entire booklet.

While we've tried to include as much helpful information in this packet as we can, it's important to remember that your flexibility is an essential component of a good trip. Flight delays, lost baggage, weather, political demonstrations, labor unrest, and other unanticipated events may upset the best-laid plans. Fr. Jack, Sr. Peggy, our volunteer coordinator and the staff in Chimbote are experienced in handling the unexpected and will do all they can to assist you, but a willing spirit and a sense of humor can go a long way in making your travel experience enjoyable.

Despite the fact that each visitor's trip unfolds in its own unique ways, it's amazing how often visitors return to the U.S. saying the same things: That they'll never forget the people of Peru. That they were touched to the core by the poverty, faith, hope, joy and transformation they witnessed. That the visit changed their lives.

Bon voyage! We wish you the most memorable trip of your life.

Table of Contents

Facts about the city of Chimbote.....	4
Planning your trip.....	5
Booking transportation.....	6
Climate.....	7
What to bring.....	8
Contact information.....	9
Items to be left behind after your visit.....	10
Where you'll stay.....	11
How to stay in touch with home.....	11
Estimated expenses.....	12
Currency and money considerations.....	13
How to make a donation.....	14
What to do while you're in Chimbote.....	15
Cultural norms in Peru.....	16-17
Health and safety.....	18
Helpful phrases in Spanish.....	19-21
Parish Life.....	22
Churches and Chapels.....	22
Joy of Music.....	23
Morning Prayer.....	23
Death and Poverty.....	23
Parish Centered Life.....	24

Facts about the City of Chimbote

Formerly a thriving resort town and lucrative fishing port, Chimbote was once the most important fishing port in Peru. Known in the 1950s as the “Honeymoon Capital of Peru,” Chimbote has been ravaged by decades of economic calamities and dramatic population surges, creating desperate conditions for the city’s residents. Today, the city includes a modern center, with paved streets, shops, restaurants and hotels, surrounded by tens of thousands of windowless, woven-reed shacks built in the sand by impoverished residents who have nowhere else to live.

Chimbote today is one of Peru’s poorest and most contaminated cities, with outdated fishmeal factories pumping toxins into the air, soil and water.

- **Today, the overburdened city holds more than 400,000 residents**, many of whom live on land on the outskirts of town that is not their own. They struggle through abject poverty and lack access to even the most basic necessities, such as sewer, water or electricity.
- **With employment that rises and falls on the fortunes of the city’s beleaguered fishmeal factories, jobs are exceptionally scarce.** In areas where the mission operates, the unemployment or underemployment rate is believed to be as high as 80 percent.
- **The Pan American Health Organization (PAHO) reports that at least 45 percent of Chimbote’s residents live in conditions of extreme poverty** – lacking the money to buy a simple basket of food. According to the international aid organization CARE, the average Chimboteano earns only around \$300 each *year* – putting most of the population at the extreme poverty level, unable to satisfy basic human needs.
- **Chimbote’s poor have become so accustomed to disease and death that preventive medicine is virtually unknown.** Simple daily survival so preoccupies parents that they unintentionally neglect basic health-care practices for infant sons and daughters. The Worldwatch Institute reports that life expectancy in Chimbote is 10 years lower than Peru’s national average.

Despite the city’s harsh circumstances, Chimbote’s story remains one of hope, courage and transformation. The optimism and determination of Chimbote’s people stand in stark contrast to the dire conditions in which they live.

Against exceptionally challenging odds, we are making a difference. Working with local residents, Friends of Chimbote is helping Chimboteanos defy their circumstances and find new ways to succeed.

Planning Your Trip

Before you decide if a trip to Chimbote is for you, you may have questions you need answered. Friends of Chimbote executive director, Susan Trnka, is available to answer any questions and can be contacted at susant@friendsofchimbote.org or by phone at (701) 540-7242. In addition, Fr Jack and Sr Peggy welcome your questions. Fr Jack can be reached at acafjack@yahoo.com and Sr Peggy can be reached at acafpeggy@yahoo.com

Once you have decided that you want to travel to Chimbote for **an individual or group visit lasting less than one month**, contact our visitor and volunteer coordinator in Chimbote by email at vc@friendsofchimbote.org to make sure that the date you want to visit is open and you will be placed on our mission visit calendar. Following that, you will be asked to complete our mission visitor information form found on our website.

If you wish to volunteer at the mission and stay longer than 30 days, you must complete our Volunteer Application. That application is on our website. You will then be contacted by our executive director in the United States to get things started. Once accepted into the program, the volunteer coordinator in Chimbote will assist you in planning your volunteer experience.

To view dates when other groups plan to visit the mission, view our online calendar on the home page of our website www.friendsofchimbote.org

Visitors are responsible for making their own travel arrangements from their country of origin to Peru, although if you are traveling with a group, the group leader usually will assist with making arrangements. A travel agent of your choice may be contacted to book side trips such as to Machu Picchu or the Amazon.

Booking Transportation and Hotels

Chimbote is a small town in northwestern Peru, located between Peru's capital city, Lima, and a large northern city called Trujillo (troo – HEE – oh). It is not possible to fly directly into Chimbote. Most international visitors arrive in Chimbote by one of two routes:

- 1.) U.S. to Lima by air; Lima to Chimbote by bus with the bus ride lasting approx. 6 ½ hours.
- 2.) U.S. to Lima by air; Lima to Trujillo (Trujillo is a 2 hour bus ride from Chimbote.) by air; and Trujillo to Chimbote by bus or cab.

Whichever route you take will be an enjoyable adventure! Along the way, you'll meet Peruvians, see several cities in Peru, and view beautiful scenery.

- **Flights from U.S. to Lima.** Flights to Lima take 8 hours from New York City, 7 hours from Houston or Atlanta, and 6 hours from Miami. Because flights typically arrive in Lima late in the evening, most visitors spend the night in Lima before continuing their journey.
- **Hotels in Lima** There are many Web sites that list hotels in Lima, including www.go2peru.com. One hotel that is recommended by previous visitors is the Gemina, located in the Barranco district at Avenida Grau 620. The Gemina is approximately 30-45 minutes from the Lima airport. If you wish to stay at the Gemina, let our volunteer coordinator know and reservations will be made.
- **Flights from Lima to Trujillo.** Various airlines offer flights between Lima and Trujillo. The flight takes 50 minutes. In the past, there has been at least one flight between Lima and Trujillo each day, except Sunday.
- **Ground Transportation from Lima or Trujillo to Chimbote.** The bus company Cruz del Sur travels from Lima to Chimbote in 6-7 hours. Traveling from Trujillo to Chimbote by bus takes 2 hours. To see the most recent bus schedule and fees, visit www.go2peru.com and locate the bus schedule for Cruz del Sur.

It is important to complete the application form and note when your bus will arrive in Chimbote if you wish to be met at the bus terminal.

Travel Assistance

Please note that Friends of Chimbote and Father Jack's mission are not affiliated with and do not endorse any particular travel site or airline and can not be responsible for any arrangements that you make with any airline or travel agency.

Climate

Chimbote is situated in a coastal desert area influenced by arid winds and on-shore fog. The city has two seasons:

Summer: - December – March/April

Winter: April/May – November (cloud cover most days without rain)

Chimbote's climate is fairly uniform and comfortably warm year-round with an average daily temperature of 69°F/21°C. It gets colder at night so a sweater or jacket is recommended. In the average year there is no measurable amount of precipitation.

To observe weather forecasts for your visit to Chimbote, go to www.weather.com

Average Monthly Temperatures for Chimbote, Peru

Month	°F	°C		Month	°F	°C
January	73.4	23.0		July	65.7	18.7
February	74.8	23.8		August	64.6	18.1
March	74.1	22.1		September	64.8	18.2
April	71.8	22.1		October	66.0	18.9
May	68.9	20.5		November	68.2	20.1
June	67.3	19.6		December	71.2	21.8

What to Bring

Mission visitors often bring a combination of items for their own use as well as items to leave behind after their visit. Past visitors to Chimbote compiled this checklist of suggested items to pack:

- € Passport (Also, make sure to leave a copy of passport at home)
- € Copy of your passport (in color if possible) - pack in separate place from your original passport.
- € Airline or e-ticket number
- € Credit and/or debit card – to use in ATM's. Be sure to know your PIN number.
- € Secure place to keep your documents and money and credit/debit cards, such as a money belt
- € Any important personal medical information
- € Personal toiletries (some suggested items: antibacterial hand gel, soap, Tylenol or Advil, Immodium, sunscreen)
- € Washcloths, a hand towel, and a bath towel
- € Single Size Sheet Set (pillow and blanket provided.)
- € Easy to use English-Spanish dictionary
- € Pictures of where you live, your family, your pets, etc. (the people love to look at them)
- € Travel clock (wind-up or battery-operated)
- € MP3 player or iPod (When immersed in foreign culture it is nice to listen to music from home during down time.)
- € 220-volt converter to make electrical devices compatible to the South American electricity. Without a converter, you may be unable to use device such as hair dryers.
- € Re-useable water bottle
- € Padlock – to lock up your valuables in lockers provided at the mission.
- € Camera (there are several photo shops in Chimbote that can develop your film or print photos from a digital camera so that you may share them with your new friends at the mission)
- € Small flashlight/batteries since the electricity can go out frequently.
- € Energy bars/small snack items
- € Back pack or "day pack"
- € Casual, modest, seasonally appropriate clothing. In order to respect the local culture, please make sure your clothing is modest (for example, women should avoid tight tank tops, short shorts and short skirts while men should not go bare-chested). It is best if jewelry, including watches, is small and modest or left at home.
- € Ziploc bag with laundry detergent
- € Work Gloves & pliers if project work planned.

Contact Information for Friends of Chimbote and the Mission

Friends of Chimbote contact in the United States:

Susan Trnka, Executive Director

susant@friendsofchimbote.org

(701)540-7242

Email address for the mission's visitor and volunteer coordinator:

vc@friendsofchimbote.org

Fr. Jack's Email:

acafjack@yahoo.com

Sr. Peggy's Email:

acafpeggy@yahoo.com

Name of the parish where the mission is located:

Parroquia Nuestra Señora del Perpetua Soccoro

La Victoria

Address of the mission:

Apartado Postal 134, Chimbote, Peru

Phone number for the mission from the US:

011-51-43-323 375

(Be sure to leave this number with your family at home for emergencies.)

Phone number for the mission within Peru:

043 323375

Items to Be Left Behind After Your Visit

One of the ways visitors have helped the people of Chimbote is by using extra luggage space to transport items for the mission. If you are interested in doing this, please note:

- **Extra luggage may result in extra charges.** Most airlines allow one standard size carry-on as well as 1-2 pieces of luggage that can be "checked" per person. Many visitors are able to limit their own personal luggage to the carry-on so that their "checked" bag/s can be used to bring donations. You can limit space devoted to clothing by hiring the women at the mission to do laundry for you with a 1-2 day turnaround. The fee is minimal. It is suggested that you bring a zip-lock bag with your own laundry detergent in it.
- **Please be prepared to pay fees for any additional weight/luggage.** If you are taking the bus from Lima to Chimbote, there is a fee for every extra kilo of weight over 20 kilos (44 pounds). Some airlines allow 50 pounds for each piece of checked baggage and 40 pounds for carry-on baggage but weight and luggage restrictions often change and it's important to check your airline's Web site for their specific rules. If you have extra room, your willingness to fill it with needed items is very much appreciated; however, visitors should be prepared to pay any fees for additional weight. The mission cannot be responsible for luggage fees of any kind.

Below is a list of easily transportable items always in need in the mission:

- Combs and brushes
- Toothpaste and toothbrushes
- Soap
- Shampoo (not conditioner)
- Hair clips and bobby pins
- Reading glasses
- Lice and scabies medication
- Powdered formula for babies
- Socks of all sizes
- Caps/hats –baseball-style
- Duct tape
- Post-it notes
- Dictionaries with English-to-Spanish and Spanish-to-English translations
- Coloring books in Spanish
- Coloring pencils or markers (not crayons)
- Pens and pencils
- Glue, especially paper glue in stick form
- Soccer Balls (deflated) and hand pump to reinflate.

Where You Will Stay

Mission visitors typically stay in the mission compound but staying with trusted families from the parish is an option as well. The mission compound is a large area surrounded by walls and guarded by security guards which contains the church, some offices, a library, tutoring rooms, guest quarters, and other rooms and open areas. You also may hear the mission compound referred to as the parish, the parish compound, or the “parroquia” – Spanish for “parish.” The full name of the parish that Fr. Jack leads is Parroquia Nuestra Señora del Perpetuo Socorro, which translates to Our Lady of Perpetual Help Parish.

Guest quarters in the parish are basic. Twin beds are divided by cubicle walls in large dorm rooms. Visitors share bathrooms and showers. Hot showers are available on a limited basis. Meals are cooked by the parish kitchen staff. A dining room and sitting area for visitors contains fruit, snacks, tea, coffee, and a small fridge. Visitors eat meals together. Water provided within the parish is filtered and safe to drink.

If you wish to stay with a family instead of the compound, arrange this in advance with the Chimbote-based volunteer coordinator at vc@friendsofchimbote.org It is recommended though not required that you speak some Spanish. You may opt to use the shower facilities at the mission compound and join in some meals there as well.

How To Stay In Touch With Home

The mission compound may have a few computers available that can be used on a limited basis by visitors. Another option is to go to an internet cafe in Chimbote, with some located very near the parish compound. For a minimal fee, you may access the internet and email friends and family at home. For safety reasons, always ask a trusted mission representative to accompany you to the internet cafes and remember that you must pay in Peruvian soles. For Long Term Volunteers, there is a computer available in the “Long Term Volunteer Office” located within the mission compound.

For those who want to call family or friends, a Telefonica or Hola Peru calling card may be purchased in Peru and used at any number of phones located throughout Peru, and, in the city of Chimbote. There are also many cell phone towers in Chimbote so if your cell phone is equipped to make international calls you should be able to get service in Chimbote.

Estimated Expenses

The following estimates are based upon the most recent information available. However, they are estimates only and Friends of Chimbote cannot be held responsible for variations in actual vs. estimated expenses. We hope this information will help you in your planning but please be prepared for unexpected or varying costs.

Note that several items are "per day" or "one-way." Also, expenses may vary if you travel alone or are part of a group.

A donation of \$10.00 per day per visitor is requested so that the costs of feeding, housing, and transportation by van while you are at the mission can be covered. When visitors do not pay this expense, the cost is covered by the mission's operating budget, reducing the funds that can be devoted to programs and services in Chimbote. It is requested that if you are part of a group, you send a check to cover your groups' room and board costs in advance to: Friends of Chimbote, PO Box 717, West Fargo, ND 58078. Please send your check a minimum of 3 weeks in advance of your arrival date, and indicate on the check what it is for. The funds will then be wired to the mission in advance so that beds, blankets, food, etc may be purchased and ready for you when you arrive.

Estimated Expenses	
Average round trip airfare between major U.S. airports and Lima	Check with major airlines.
Average cost of moderate hotel room in Lima per night	\$20.00 - \$50.00
Bus from Lima to Chimbote (one-way)	\$28.00
Airfare from Lima to Trujillo if you prefer to fly (one-way)	Check with Lan Peru or travel agent.
Per-day donation for food/housing/electricity in Chimbote	\$10.00
*Airport fee that you must pay when leaving Lima to fly home. Either Peruvian Soles or U.S. dollars are accepted.	\$31.00

*Check with your airline, is pre-paid in some cases.

Optional Expenses (Estimated)	
Misc. cab fares (per trip) in Lima for short trips	\$3.00
Misc. cab fares (per trip) in Chimbote for short trips	\$1.00
Phone calls home (If you need to call home, purchase a Telefonica or Hola Peru phone card when you arrive. Calling cards purchased in the U.S. don't work well.)	
Restaurant meals in Lima and Chimbote	Same as in USA
Bus from Trujillo to Chimbote (one way)	\$7.00

*Optional trips such as to Cusco/Machu Picchu, Iquitos and the Amazon Jungle, etc.	Check with travel agent of your choice.

Currency and Money Considerations in Peru

The full name of the currency in Peru is the Peruvian Nuevo Sol and the abbreviation used on international money exchange charts is PEN. The plural of sol is soles (pronounced SO – lays). So, for example, three Peruvian notes would be called “tres soles.” The exchange rate varies, but three soles are generally equivalent to about one American dollar. To view the most up-to-date exchange rate, go to www.oanda.com. At this website you may also print out a pocket size "Cheat Sheet for Travelers" that will show the latest conversion rates between the dollar and the PEN. This is a handy item to carry with you while in Peru.

Taxis, Restaurants, and Other Incidental Expenses

You can plan on taxis, food, and restaurants in Lima to cost about the same as they do in the United States. However, in Chimbote, the costs are generally less. If you invite a Peruvian to join you in a taxi, or for a meal at a restaurant please remember that you are responsible for their bill as well as yours.

What Kind of Money to Bring

Credit cards are widely accepted in Peru. However, travelers checks are difficult to use in Peru so are not recommended. Personal checks are also not accepted anywhere so do not bring them with you. Visitors and volunteers may bring American cash from home and exchange it for soles in Peru. Please note that your U.S. dollars will not be accepted in Peru if they are torn, have holes, or have notable creases.

Everyone is responsible for the security of his or her own funds so discretion is recommended. Most recently, visitors and volunteers have found it best to bring a small amount of money with them and then use their debit cards at ATMs to obtain additional funds while in Peru. There are ATMs in most Peruvian cities including Lima and Chimbote. At the ATM you will get soles at the current exchange rate.

When You Arrive in Peru

While still on the plane, you will receive a two-part form to fill out that will act as your temporary visa while in Peru. When you pass through immigration, your passport will be stamped and you will get one section of the form back. **Do not lose the form. Keep it with your passport as you will need it when you leave Peru.**

Once you collect your luggage and pass through customs, you will enter the waiting area of the airport and the scene will be crowded and chaotic. If you have arranged in advance for someone from the mission or a travel agent to meet you at the airport they should be there and will identify themselves, usually by holding a sign with your name on it. If for some reason there is no one to meet you (whether by your choice or an unforeseen complications), you can take a taxi to the hotel. Always select a green taxi that has a small red sticker on the windshield, which indicates a driver is licensed. Agree on the price before you enter the taxi.

When You Leave Peru

Please be aware that the Peruvian government charges an airport fee that was most recently posted as USD \$31.00 payable by all non-Peruvians leaving Peru. Recently, airlines charge you in advance so you may not have to pay this fee. However, if this is not the case, the airport fee must be paid in the Lima airport and signs will direct you where to go to pay it. Either Peruvian soles or U.S. dollars are accepted. In addition, you will need the section of the visa form that was returned to you by immigration when you entered the country, as well as your passport.

How to Make a Donation

In addition to donating \$10.00 per day to cover the cost of food and housing, many visitors wish to make an additional donation to the mission. There are several ways to do this:

- If you have cash, you can give it directly to Fr. Jack or Sr. Peggy while you're there.
- If you wish to write a check, **please wait until you get home** and mail your check payable to "Friends of Chimbote, P.O. Box 717, West Fargo, ND 58078. ”.
- Make an on-line donation using your credit or debit card or by EFT from your checking or savings account by visiting the Friends of Chimbote website at www.friendsofchimbote.org and choosing “donate now.”

And remember – your donations are tax deductible!

What To Do While You're in Chimbote

If you've never visited the mission before, you may ask: *What will I do when I'm in Chimbote?* Many people are unsure about visiting Chimbote without a specific project in mind. They want so much to help, and so they want to pack their visit with service projects.

While help is always appreciated, in our experience, one of the most powerful things you can do in your first visit is simply to witness life in Chimbote.

This serves several purposes:

- **Visitors have an opportunity to see firsthand all that is occurring at the mission.** You may be surprised by what you see and hear. You may gain a deeper understanding of the needs of the people of Chimbote – a deeper understanding that's easy to miss when you spend your entire visit immersed in a specific project or goal.
- **Visitors experience the deep hospitality that is part of the Peruvian culture.** In a sense, you've already given a gift by leaving your comfortable life to come to Chimbote. By taking time to get to know the people—to experience their hospitality and friendship—you allow the people of Chimbote a chance to give back.
- **Visitors can absorb their experiences more fully, and act on them later.** Once you return to your community or parish, you will be a resource to others on what is happening in Peru. You will be seen as an expert on how your community can best help Chimbote.

On the first or second day of your visit, a mission employee will take you on a tour of the neighborhoods served by the mission and will introduce you to other employees and volunteers who will be able to answer questions while you're there. After that, we recommend that you talk to the Peruvian families. Observe life in the neighborhoods. Meet new people, try to speak their language, and offer them your friendship. Tag along with mission employees and volunteers as they do their work. Experience the Peruvian mass. Play with the children. Also, don't hesitate to take some time for yourself. The poverty you see may be shocking and upsetting. Allow yourself time to adjust to the environment and process what you're seeing.

Service Projects

Though it is recommended that, for your first visit to the mission, you focus on witnessing the life of the poor, some groups plan ahead to perform a project while there. If this is your wish, you must raise your own funds for the project in advance and make arrangements through our volunteer coordinator in Chimbote at vc@friendsofchimbote.org. In addition to service projects there are also areas where you can lend a helping hand and these include: kindergartens, soup kitchens, prevention centers, home visits with social workers, hospice visits with hospice staff, and a variety of other opportunities.

Cultural Norms in Chimbote

One of the best ways to have a rewarding experience in other countries is to respect the culture there. Unfortunately, because of the extreme poverty in Chimbote, that means respecting both long-time cultural traditions as well as norms that have developed due to the extreme poverty in the area. The following list of “do’s and don’ts,” created by past visitors to Chimbote, will help you meet both these goals.

DO:

- **Greet others like the Peruvians do.** The usual method of greeting and saying goodbye is to kiss the left cheek. It is also typical to kiss one another's cheek during mass at the Sign of Peace.
- **Dress modestly.** This means avoiding short shorts and short skirts. For men, avoid going bare-chested. Everyday dress in Chimbote is casual – jeans, khakis, shorts, t-shirts, or collared shirts. Occasionally, there will be a party or special dinner celebration during your visit. For these occasions, a simple dress or nice pants and shirt (for women) and a nice collared shirt with or without a tie (for men) is appropriate.
- **Practice patience.** Americans often are accustomed to a fast pace. Here, efficiency and speed are valued in everything from daily interactions on the street to how food is served in a restaurant. In Peru, patience is key. Flexibility is a must. Events may or may not occur on time. However, when there are group activities or journeys planned, please be on time so that you do not cause others to wait!
- **Try using some Spanish.** Peruvians are delighted when you show interest in learning the language, even if your attempts are less than perfect!
- **Try to keep your own questions and needs to a minimum.** It’s important to remember that on a daily basis, Fr. Jack and Sr. Peggy deal with things that many of us cannot comprehend, from domestic abuse, to sickness, to starvation. Keeping our "needs" to a minimum is our way of showing respect for their ministry.
- **Introduce yourself to Jaime and Maruja.** Jaime (pronounced HY may) and Maruja (pronounced mah ROO ha) are two people that you may see frequently inside the mission compound. Both Jaime and Maruja live in the parish. Jaime is a mentally handicapped man. He may look intimidating, but if you treat him gently he is harmless. Maruja works in the kitchen and is the housekeeper. She is blind but is able to speak several languages.
- **Clean up the eating and sleeping areas regularly.** Let us all remember that we are not in Chimbote to be served, but to serve. With that understanding, we will always clean up after ourselves at all times, particularly while within the compound.

DON'T:

- **Hand out gifts, candy, or other items.** It is very tempting to want to hand out candy or toys to the people and especially the children. In fact, many will ask you for candy or other items. Because of the extreme poverty in the area, this activity can quickly cause a "mob effect" if you are not careful. Also, it encourages the locals to ask for things from you instead of having conversations with you, so you will miss the chance to get to know them as people. If you do choose to give something away, please be very discreet and private since there is never enough to go around for everyone. Even better, make a donation to the mission instead. Fr. Jack and Sr. Peggy work hard to make sure that charity is provided to those who really need it, instead of those who aren't shy about asking for it.
- **Walk alone.** Poverty can and does lead to violence. During the daytime it is generally safe to walk around but have someone from the parish with you. Walking after dusk is not advised.
- **Wear or display expensive things.** To avoid drawing attention to yourself, do not wear items such as nice sunglasses or expensive watches or other jewelry while in public. Keep cameras and video cameras tucked away when not in use.
- **Be alarmed at the noises at night.** At night you may hear many loud noises, bangs, whistles, etc. Do not be alarmed as these are normal and usual sounds in Chimbote. In fact, a common tradition for birthdays is to shoot a gun into the air. Also, fireworks are frequent in Chimbote and may sound like gunshots.
- **Engage in activities that would be illegal if you were at home.** As ambassadors from our countries and parishes, our behavior must always be respectful. This is particularly important among younger visitors to Chimbote. Due to past experiences, we ask that the drug and alcohol laws that young people follow at home be followed while in Chimbote.
- **Approach stray animals.** There are many stray dogs and cats in Chimbote. Use the same good sense you would at home and do not approach any animals unless the owner is present and tells you that it is okay.

Health and Safety

To ensure the best experience possible, it is essential that all who travel to the mission in Chimbote be in good health both physically and mentally. Though there are doctors and clinics in Chimbote, they are not comparable to the healthcare available in developed countries. Also, we must be respectful of all that Fr. Jack and Sr. Peggy are responsible for and understand that their priority is serving the poor, even when visitors are present. Ensuring our own good health will help prevent placing any undue healthcare burdens upon them.

To avoid illness:

- Once you have decided to travel to Chimbote, check with your own doctor or travel clinic right away to discuss immunizations that may be recommended. You can also view the World Health Organizations' recommendations regarding travel to Peru at <http://www.who.int/countries/per/en/>
- Only drink bottled or boiled water.
- Do not use ice.
- Avoid getting tap water in your mouth by using bottled water to brush your teeth and closing your mouth while showering.
- Avoid raw foods that may have been washed in tap water, such as lettuce or berries. Fruit that can be peeled, such as oranges or mangos, are OK. When in doubt, always ask before eating. NOTE: All food prepared at the mission is safe to eat, including raw foods.
- Do not buy food from street vendors.
- Before eating, always wash your hands with anti-bacterial gel, anti-bacterial hand wipes, or with soap and water.
- DO bring all of your usual/prescription medication with you from home and take it as usual while in Peru. Make sure that you bring your medications on their original bottles. If prescription medicine is lost or forgotten, there are pharmacies in Lima, Chimbote, Cusco, and other major cities that have limited medications on hand.

If you do begin feeling ill, don't worry – in the majority of cases, it passes in a day or two. Remember to stay hydrated (drinking only safe water). It's a good idea to bring basic medications, such as Tylenol, Advil, allergy medications, and any other medications you think could be necessary. If you're suffering from traveler's stomach ailments, Immodium is a good medication to have available, but avoid using it if at all possible because it prevents your body from getting rid of the bacteria or virus that is making you feel sick and therefore will delay your recovery. Instead, stay hydrated and near a bathroom.

Helpful Phrases in Spanish

Yes/no	Si/no
Hello/goodbye	Hola/adiós
Good morning	Buenos dias (used until noon)
Good afternoon	Buenas tardes (until sunset)
Good night	Buenas noches (after dark)
How are you?	¿Cómo está?
I'm fine, thanks	Estoy bien, gracias.
Pardon me	Perdóneme
Excuse me	Con permiso
Please	Por favor
Thank you	Gracias
You're welcome	De nada
Where is (are)...?	¿Dónde está(n)...?
What's your name?	¿Cómo se llama?
My name is...	Me llamo...
I don't speak Spanish	No hablo español
I don't understand	No entiendo
How do you say...	¿Cómo se dice...?
More slowly	Más despacio
Please repeat that	¿Podría repetir, por favor?
I don't know	No sé
Bathroom	Baño
Open	Abierto
Closed	Cerrado
Yesterday	Ayer
Today	Hoy
Tomorrow	Mañana
What time is it?	¿Que, hora es?
How much is it?	¿Cuánto es?
Breakfast	Desayuno
Lunch	Almuerzo
Dinner	Cena

Bill/check

Cuenta

One	Uno/una
Two	Dos
Three	Tres
Four	Cuatro
Five	Cinco
Six	Seis
Seven	Siete
Eight	Ocho
Nine	Nueve
Ten	Diez
Eleven	Once
Twelve	Doce
Thirteen	Trece
Fourteen	Catorce
Fifteen	Quince
Sixteen	Diez y seis
Seventeen	Diez y siete
Eighteen	Diez y ocho
Nineteen	Diez y nueve
Twenty	Veinte
Thirty	Treinta
Forty	Cuarenta
Fifty	Cincuenta
Sixty	Sesenta
Seventy	Setenta
Eighty	Ochenta
Ninety	Noventa
100	Cien
1000	Mil

A Few Pronunciation Rules of Thumb

- The H is silent in Spanish
- The J is pronounced like the h in horse.
- G before A, O, U or a consonant is hard (like in gate); when before E or J, it's soft, sounding like the H in hay.
- C before A, O, and U are hard like the English K; before E and I it's soft like the English S.
- Don't worry too much about memorizing rules! You'll get the hang of it by listening and extrapolating from Spanish words most people already know.

Pronouncing Vowels

A like the a in ah

E like the e in deck

I like the ee in beet

O like the o in cold

U like the oo in loot

ñ like the ni in senior

Y like the ea in eat

LL like the y in kayak

Parish Life

Churches and Chapels

Fr. Jack Davis is the pastor of Nuestra Señora del Perpetuo Socorro (Our Lady of Perpetual Help Parish) located within the diocese of Chimbote, Peru. The parish has several churches and chapels as well as parish related programs and services. This parish is often referred to as “Fr. Jack’s mission.” The diocese of Chimbote is part of the Archdiocese of Trujillo and the current bishop of Chimbote is Bishop Ángel Francisco Simón Piorno. Peru is predominantly a Catholic country and within the estimated population of 655,000 people of the Trujillo Archdiocese, 570,000 are Catholic. Life within the Fr Jack’s parish is like many Catholic parishes and for the poverty stricken people that live within it, it is often the only place where they find acceptance, social interaction, and most importantly, hope.

The “main” church within the parish, Nuestra Señora del Perpetuo Socorro is located in the central mission compound and is by far the largest worship space within the parish boundaries. In 2007 a massive renovation of the church was completed, under the supervision of the then associate pastor, Padre Ivan Miranda. The church had not been updated for at least 40 years and the roof was in disrepair, floors were deteriorating, and the space did not meet the ever growing needs of those who worshipped there. Thanks to the visionary skills of Padre Ivan, today the church is a place of beauty and peace.

There are three other churches or “chapels” as they are often referred to, within Fr. Jack’s parish. Weekly mass is celebrated at the chapels so that all within the parish have the opportunity to attend.

On Wednesday evenings Mass is celebrated at “Corazón de Jesús (Heart of Jesus) chapel. On Thursdays’ it is celebrated at the “Santa Ana” (Saint Ann) chapel, and on Friday evening Mass is celebrated at “Virgen de los Dolores” (Our Lady of Sorrows) chapel. Overall these chapels have only the most basic of items necessary, with dirt floors, children’s desks substituting as “pews”, and limited or no missals. However, this does not stop the people from thoroughly enjoying and participating and often there is standing room only.

Nuestra Señora del Perpetuo Socorro Parish has a parish council that assists Father Jack and his associate pastor in their pastoral work. In addition, each of the four chapels has a “sub-council”. The responsibilities of these councils include preparation for the sacraments of Baptism, Eucharist, Confirmation, Weddings, and Anointing of the Sick, as well as parish participation in the diocese of Chimbote activities and meetings. A challenge for the Parish councils is that they must work with a very limited budget. With average collections from all three weekend Masses combined totalling no more than 150 soles (or approximately \$55.00 US dollars) there are limited funds to pay for parish expenses.

The Joy of Music

It is said that music crosses all barriers and that is certainly true of the many choirs within the parish. Music brings joy to those at the mission, and within the churches and chapels choirs abound. At the main church, “Nuestra Señora del Perpetuo Socorro,” there are three different choirs ranging in size from eight to sixteen members.

Every chapel within the parish has its’ own choir and their names are very reflective of their devotion to parish life:

“Our Lady of Sorrows Chapel” - “SUSURRO DE DIOS” – “Whispers of God”

“Corazón de Jesús Chapel” - Heart of Jesús

“Santa Ana Chapel” – “Águila Sagrada” – “Sacred Eagle”

Visitors to the mission often comment on the energy and vitality of the choirs and what an impact they have on the Masses that they attend.

Spirituality Amongst Poverty

Social and Parish activities are often intertwined in the lives of the poor at the mission. Despite what many would call intolerable living conditions, the people of the parish flock to activities that enhance their spiritual selves and inspire hope and joy.

Morning Prayer

A powerful activity that the people participate in is Morning Prayer. Morning prayer is carried out Monday through Friday from 8:00 a.m. – 8:45 a.m. at every church and chapel within the parish. Church members lead the prayer and when available, prayer books and bibles are used by those present, though many can not read so recite the prayers by memory. Following a reflection on the day’s bible passage, the people pray especially for the health and well being of their benefactors in the United States and other countries, as well as for the ill of their own parish community. Stories abound of the amazing impact that this prayer has had on the health and recovery of benefactors who have experienced medical problems. As Hector Bosse (a frequent mission visitor) states, “There is nothing comparable to the power of the purity of the prayer by the poor little children in Chimbote “

Death and Poverty

A question that is often asked, is, what happens when there is a death of an impoverished person at the mission? What is a funeral like and is it expensive? For those who live in extreme poverty paying for funeral expenses for a deceased family member is almost impossible. Typically they seek the help and assistance of the mission social workers, who, through the funding provided by

Friends of Chimbote, are able to help the family. A basic wooden coffin costs approximately S / 400.00 Soles (or \$ 148.00 Dollars.) To save money, the poor are buried at "San Pedro Cemetery of the Poor" because it is much cheaper than the other cemeteries in Chimbote that may charge \$340.00 or more. Visitors to the mission are struck by the "San Pedro Cemetery" where often just a hill in the sand indicates where a loved one may be buried. Headstones are almost unheard of and instead a simple wooden cross may mark a grave.

Parish Centered Life

The lack of funds to pay for electricity, televisions, computers, radios, etc. does not stop the people of Fr. Jack's mission from participating in stimulating, entertaining, and fulfilling activities. The poor minister to each other through their participation in groups and clubs as well as volunteering in the many parish centered programs. These include:

- Support Groups for Mothers
- Family Catechism Groups
- Choirs
- Plays and Musical Productions
- New Catechumenists
- Legion of Mary
- Golden Agers
- Widows Group
- Monday Respite Service for Mother's of Handicapped Children
- Crafts Club
- Prayer Groups