



CASTrips



*Creativity,
Activity,
Service*

Nido De Aguilas
Week Without Walls 2019
Peru Itinerary



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Creativity, Activity & Service

Nido De Aguilas – CAS Trips Peru Itinerary

Day 1 – Arrival

Activity	Description
Airport pick-up	Your dedicated CAS Trips tour guides will meet you at Cusco's Alejandro Velasco Astete International Airport.
Introductory presentation	A talk with a local expert will help students understand the history of the area and what to expect over the coming days.
Evening meal	Enjoy a typical Peruvian dinner.
Student challenges	<p>Students will be introduced to The CAS Trips' UN Sustainable Development Goals Changemakers Challenge and our Reflection Workshops.</p> <p>With Reflections Workshops conducted throughout, there will be some awesome prizes on offer for exceptional reflections.</p>



Day 2 – Creativity & Service

Activity	Description
Transfer to Pisac	After journeying through the bewitching Andean mountains, we arrive at our homestay in Kuyoc Chico-Pisac, located in the sacred valley of the Incas.
Service Challenge: Traditional house construction	We immerse ourselves into Quechua life by learning how to construct a house using adobe clay bricks. Students will have to work in teams to create bricks in order to fix a local home.
Dinner	Enjoy a taste of the Andes with a traditional dinner with family hosts at the homestays.
Homestay	Each student will be allocated a different homestay with a local family. Students will experience how to live an ancient way of life and learn how booming tourism can impact upon native cultures both here and all around the world.



Day 3 – Creativity, Activity & Service

Activity	Description
Andean farming	Accompanying their host family members, students will roll up their sleeves and head into the fields to harvest crops and learn about the Andean grains, products and farming cycles.
Sustainable Local Cooking challenge	<p>In teams and with the help of their host families, students will gather and use locally-sourced fresh produce and cook a meal using traditional methods.</p> <p>The cooking challenge will culminate in a shared meal in the village centre.</p> <p>Planning and communication will be key to producing a successful meal!</p>
Pisca ruins Experience	Here, we visit a section of the ruins on the borders of Kuyoc Chico-Pisac before gathering with host families to engage in a series of storytelling rituals around the campfire.



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Day 4 – Journey back to an ancient civilization

Activity	Description
Transfer	We wave goodbye to our host families and set off on our journey to Machu Picchu.
Awe-inspiring train journeys	One of the magical experiences of visiting Peru's archeological wonder is the train journey winding through towering Andean mountains.
Aguas Calientes	Students will be able to enjoy some free time and have the opportunity to buy locally-made handicrafts from the markets in Aguas Calientes.
Evening Meal	Students will eat a hearty meal to prepare for the early wake up call as we set off in the early morning hours to one of the Wonders of the World.



Day 5 – Activity

Activity	Description
Hike to Machu Picchu	<p>There's a reason Machu Picchu has been billed as one of the most spectacular and unmissable travel experiences on the planet.</p> <p>This ancient Inca city bewitches, beguiles and leaves visitors aghast with its 15th-century ruins poking through the clouds at 7,970 feet above sea level.</p> <p>The 3-hour trek from Aguas Calientes up will be a challenge but the phenomenal sight of Machu Picchu at the end will make it all worthwhile!</p>
Tour around the Inca ruins	<p>Led by our expert local guide, students delve into the history of this remarkable archaeological site, uncovering fascinating stories that will make Machu Picchu come alive.</p>
Evening Meal	<p>We enjoy another delicious traditional meal in Aguas Calientes before enjoying some free time before bed.</p>



Day 6 – Creativity & Service

Activity	Description
Women's empowerment project and weaving workshop	<p>As we journey back to Cusco we allow students will witness the effects of one women's empowerment project on the community as they visit a village twice almost destroyed by first a mudslide and then the negative effects of tourism.</p> <p>After dining on a traditional lunch with the ladies, students will participate in a hands-on workshop whereby they learn traditional weaving methods and how clothes are dyed using plants and insects.</p>
Free time and the Changemakers post-trip Challenge	<p>Students enjoy some free time to explore Cusco's beautiful historical center and shops before CAS Trips staff conduct a workshop to help students engage in the Changemakers Challenge – a framework and tools for post-trip engagement with a social or environmental project in their own countries.</p>
Final meal	<p>We enjoy a final meal in a great Cusco restaurant before tomorrow's departures.</p>



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Day 7 – Departure

Activity	Description
Departure	Our dedicated CAS Trips staff will accompany you to Cusco's Alejandro Velasco Astete International Airport in plenty of time for your flight home.

Have questions or need further information?

Get in touch



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