



# PERU

## FIELD GUIDE





# Table of Contents

LIFE IN THE  
FIELD

**3**

HEALTH &  
SAFETY

**9**

PROGRAM  
COSTS

**12**

MEDICAL  
REQUIREMENTS

**14**

CONTACT US

**18**

**4**

THE  
CENTER

**11**

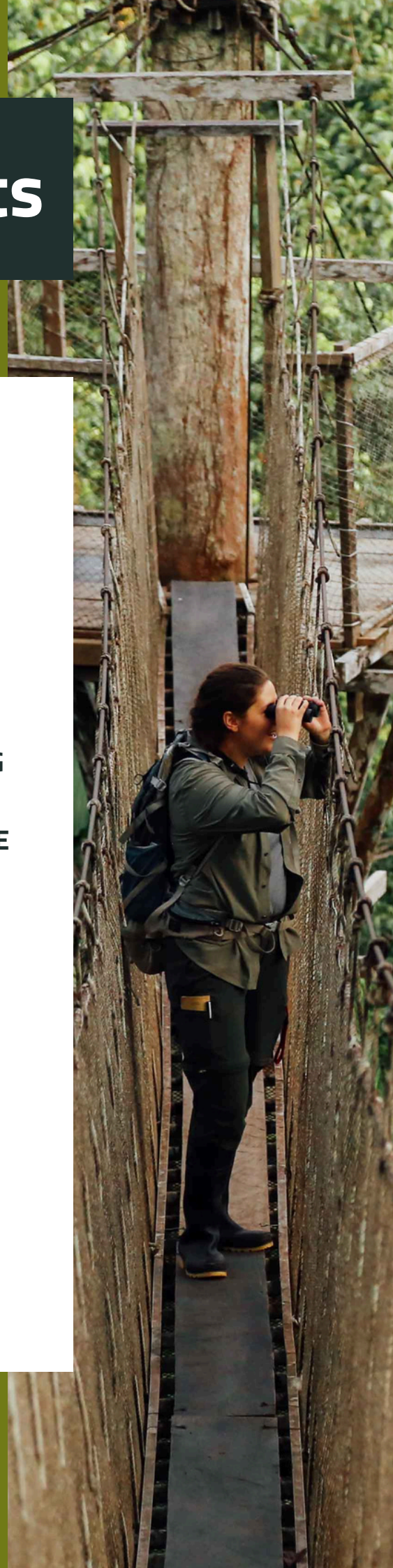
PREPARING  
FOR  
DEPARTURE

**13**

TRAVEL

**15**

PACKING  
GUIDE







**LIFE IN THE FIELD**





## Academic Foci

- The center is located in the Peruvian Amazon, a landscape that accounts for nearly 20% of the world's fresh river water.
- The Amazon is increasingly threatened by climate change, rapid development, and extractive activities such as logging and mining.
- From the flooded forests of the lowlands to the glacial lakes and tropical montane forests of the Andes, Peru's landscapes need comprehensive and inclusive strategies for conservation.

### SEMESTER: THE LIVING AMAZON

Forest health and recovery, Impacts of development in the Amazon, Landscape ecology and habitat fragmentation, Ecosystem services and carbon markets, Biogeography, Political ecology, and Indigenous knowledge and histories.

Each program combines theory learned in the classroom alongside field-based applications. Time in the classroom is structured to give students a solid understanding of environmental history, theory, and conservation techniques before deploying their knowledge or specific techniques in the field. All classes are taught in English.



## Setting and Facilities

A former retreat center in the city of Tarapoto.

RURAL



URBAN

### TARAPOTO

10-minute walk

Population ~180,000

Bars, grocery store, ATMs, doctor and hospital.

### MOYOBAMBA

2-hour drive

Population ~50,000

Largest city of San Martin province.

### LIMA

1.5-hour flight

Population ~11,360,000

Capital city. International airport.

### HOUSING

Four rooms, 4-6 people per room in twin bunk beds. Shared closet, desk, and fan. No AC.

En-suite bathroom with shower (hot water) and western-style toilet.

### OTHER FACILITIES

Student lounge with games. Shared student kitchen with basic amenities.

A trail system and rocking chair patios.

Classroom with library and lab. Dining room. Staff offices and housing.

2 Laundry machines available (detergent not provided). No dryers, clotheslines only.





## Community Interaction

Students live at a center rather than a homestay, local apartment, or university dorm. This means they will not navigate the local culture, cuisine, or language every day. However, meaningful research is only possible with the input of local people, so community engagement and Directed Research projects vary each term to reflect the requests of our partners. Some examples of past outreach initiatives include planting trees, working in community gardens, picking up trash, and outreach at schools.



## Chores

Students are expected to take responsibility for their space during their stay. Specific chore responsibilities and schedules will be shared during orientation.



## Off-Campus Policies

Because center locations are often unfamiliar to students, there are campus policies in place to keep students safe including nightly curfew, sign-out logs, and a buddy system. Note that during program time students are obligated to stay at the center, and no non-SFS guests are allowed on campus. If family or friends are planning on visiting have them do so during program breaks or coordinate with the center director for approval. Time off during program time to spend with guests is limited. More specific campus policies will be shared during orientation.



## Time-off

Students will have highly structured schedules on weekdays with weekends generally free to spend at the center or in town. Attendance is required for all activities including multi-day trips that may fall on the weekends. Semester students will have a mid-semester break and two weekends away.

Students are responsible for their own food and accommodations during the mid-semester break and weekends away. Students are not allowed to stay at the center. See page 12 for estimated costs.



## Alcohol & Substances

Consumption or possession of alcohol is prohibited on campus. Students who consume alcohol during non-program time, need to do so in moderation and maintain respectful behavior toward others.

SFS does not allow possession or use of any medications or substances that are illegal in the U.S. or host country for the full duration of SFS programs including free time and weekends away. Check local laws before possessing, purchasing, or using e-cigarettes or vaping devices on program.





## Food

SFS can support most dietary needs, but the variety of food will be extremely limited due to local availability and cost. SFS cannot accommodate life-threatening gluten or peanut allergies or strict Halal or Kosher diets. Meals are simple and repeat every week, so SFS always recommends bringing vitamins, protein bars, nuts, favorite snacks, etc. Off-campus, vegetarian, vegan, gluten-free, and allergen-free diets may be difficult to accommodate.

Breakfasts may include fruit, cereal, eggs, and bread with spreads. Lunches and dinners may consist of meat or plant-based protein, rice or pasta, and vegetables. Snacks may include tea, coffee, granola bars, yogurt, fruit, and crackers with jam or other spreads.



## Exercise

Yoga equipment and basic weights are available on campus. There is a running route, hiking trails, and two soccer fields near campus. Students can also access paid swimming pools in nearby lodges.



## Climate

Students will be exposed to high heat and humidity and mud and mold. The rainy season runs October - May. The dry season runs June - September. Despite being the "dry season", the rainforest is always rainy, so be prepared to get wet year-round. Average temperatures range from 70-94°F, but it can get down to 58°F occasionally.



## Considerations

**Language:** Spanish is the official language. Locals have little to no knowledge of English phrases. Students without basic Spanish may find interactions with locals limited. Most of your time will be spent with your cohort, so do not expect to practice the local language daily.

**Culture and Diversity:** 60% of the population identifies as Mixed, 25% Indigenous, 6% White, and 4% Black. 95% of the population is Christian. Racial features are used as nicknames (Gringo, Negro, etc.). Spanish is a gendered language, and catcalling is common.

**Physical Rigor:** Students must hike for up to 3 hours at a time. During overnight trips, students will sleep in remote field environments with limited amenities.

**Hazards:** Tropical diseases, snakes, spiders, scorpions, insects, bats, monkeys, stray dogs, heat and humidity, altitude sickness, motion sickness, etc.

**Travel:** Students will frequently travel long distances by car, boat, and airplane.



## Money

The local currency is the Sol (PEN).

Both cash and debit/credit cards are widely accepted in cities. In rural areas, expect to use cash only. All students are required to bring a credit/debit card with at least \$3,000 in funds in case of emergencies. Mastercard and Visa are the most commonly accepted cards internationally. Be sure to notify your bank that you will be traveling internationally.

Bring at least \$500 USD to start (see page 12). PEN can be ordered from banks prior to traveling, exchanged for USD at the airport, or withdrawn from ATMs. When bringing USD to exchange, travel with bills in excellent condition (clean, unwrinkled, unmarked, with no tears). Students will have access to ATMs in Tarapoto.





## Electricity

The electrical voltage in Peru is 220 (the U.S. uses 120). Check all electrical devices to see if a voltage converter is needed. Peru uses plug type A and C (the U.S. uses A and B). All students should bring plug adaptors.



## Internet

Wireless internet is available at the center, but it is slow and sometimes unavailable. SFS reserves the right to limit internet activities occurring on our servers including, but not limited to, streaming or downloading audio/video content (Facetime, Netflix, etc.).



## Computers

Students need to bring laptops with Microsoft Office (or the ability to open Microsoft files offline) and a USB port. Electronic devices are subjected to a much harsher environment than normal. In particular, Apple products do not fare well in high humidity and are more difficult to repair or replace locally. Please take precautions to protect devices.



## Phones

Students are provided local phones and/or local sim cards in Peru. Students are responsible for maintaining credit on their phones to communicate with staff and peers. This will cost approximately \$10 USD per month. Additional credit will be needed for optional international calls or students can use Wi-Fi based options.



## Mail

No packages can be sent to the center. The average one-way travel time for letters from the U.S. to Peru is 10-15 business days. Therefore, no letters can be sent during the last three weeks of programs, as students will not receive it! Mail will not be forwarded.

Address: Student Name, The School for Field Studies, Jr.  
Prolongacion Alerta 301, Tarapoto, Provincia de San Martin,  
Departamento de San Martin, Peru







# Sample Schedule

This is just a sample; no one week will follow this outline exactly. Students will receive program schedules after their arrival. Schedules are always subject to change based on weather, event availability, and other factors outside of SFS’ control, including the day of, so students should arrive with a flexible mindset. All events apart from Free Time are mandatory.

Students should expect long days in the classroom at the start of the program transitioning into fieldwork and independent study.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Free time at the Center/ In Town (Laundry, Homework, Relaxation)</div> <div>At the center, students will prepare food for themselves during days off.</div>	7-8:30am Breakfast and Morning Meeting	7-8:30am Breakfast and Morning Meeting	7-8:30am Breakfast and Morning Meeting	7-8:30am Breakfast, Morning Meeting, and Pack Lunch	7-8:30am Breakfast and Morning Meeting	7-7:30am Breakfast
	8:30-10:30am Tropical Ecology - Lecture	8:30am-12:30pm Field Trip  Field trips can be any day of the week and occasionally last multiple days.	8:30-10:30am Political Ecology - Lecture	8:30am-6:30pm Field Trip w/ Lunch in the Field  Field trips can be any day of the week and occasionally last multiple days.	8:30-10:30am Conservation Science and Practice - Debate	8am-12:30pm (Optional) Community Engagement
	10:30am-12:30pm Political Ecology - Discussion		10:30am-12:30pm Conservation Science and Practice - Lecture		10:30am-12:30pm Tropical Ecology - Project Presentations	
	12:30-1pm Lunch	12:30-1pm Lunch	12:30-1pm Lunch		12:30-1pm Lunch	12:30-1pm Lunch
	1-3pm Free Time at the Center	1-3pm Free Time at the Center	1-3pm Free Time at the Center		1-3pm Free Time at the Center	1-6:30pm Free time at the Center/ In Town (Laundry, Homework, Relaxation)  At the center, students will prepare food for themselves during days off.
	3-5pm Conservation Science and Practice - Documentary	3-5pm Culture and Language - Lecture	3-5pm Tropical Ecology - Project Prep		3-5pm Political Ecology - Lecture	
	5-6:30pm Free Time at the Center	5-6:30pm Community Engagement	5-6:30pm Free Time at the Center		5-6:30pm Free Time at the Center	
	6:30pm-7pm Dinner	6:30pm-7pm Dinner	6:30pm-7pm Dinner	6:30pm-7pm Dinner	6:30pm-7pm Dinner	6:30pm-7pm Dinner
	7-9pm Free Time at the Center/ In Town	7-9pm Free Time at the Center/ In Town	7-9pm Free Time at the Center/ In Town	7-9pm Free Time at the Center/ In Town	7-11pm Free Time at the Center/ In Town	7-11pm Free Time at the Center/ In Town
	9pm Curfew	9pm Curfew	9pm Curfew	9pm Curfew	11pm Curfew	11pm Curfew

- Meals and Announcements
- Free Time
- Community Engagement
- Classroom Time
- Field Work
- Curfew





# Health & Safety in the Field



## 24-Hour Emergency Hotline

SFS maintains a 24-hour emergency hotline. To urgently contact a student in the field, call 978.219.5113.



## Health & Wellness Manager

The Student Health & Wellness Manager is a full-time primary medical responder and student support personnel on campus. They are certified in Wilderness First Response, or an equivalent certification, and trained in sexual assault first response. They also counsel students on life abroad, conduct risk assessments, attend medical appointments, and help coordinate program logistics.



## Orientation

Prior to departure, SFS requires attendance at a pre-departure orientation focused on essential aspects of the program. Students must also research the inherent risks associated with traveling abroad and cultural considerations themselves. Upon arrival to campus, students receive an additional orientation about the local community and culture, center operations, and relevant risks.



## Medical Care

SFS maintains detailed risk assessment and management plans. If a medical care facility visit is needed, staff will accompany the student to the appointment. There may be times when medical care is delayed. Students are responsible for all medical costs and all incidental expenses incurred by all parties involved including transportation, accommodations, etc. This may include costs related to COVID-19 quarantining. Some medical conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawals are made by SFS. See the Health and Safety Guide for more information.



## Mental Health Support

Adjusting to new environments while away from usual support systems is challenging. While abroad, there is decreased communication with home, limited privacy, and fewer opportunities for exercise. Many students find the rigorous schedule of SFS programs and the rare opportunities for alone time overwhelming.

SFS is partnered with Telus Health ([My SSP website](#)) to provide students with access to free, mental health and wellness support via WIFI. My SSP is a supplemental resource, and students should work with their mental health provider to create a primary support plan while abroad. See the Health and Safety Guide for more information.



# Identity

Each country is shaped by its history, and therefore attitudes towards gender, sexual orientation, ethnicity, and religion can differ greatly. What seems like discrimination may simply be curiosity. Students should research how their identity might be perceived in a new context.

Studying abroad is a privilege, and it is not our students' place to change the host country's culture or values. SFS campuses are permanent fixtures and home to staff year-round. As representatives of SFS and students' own countries, behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community.



## Sexual Health & Wellness

Please consider:

- The ramifications that a short-term relationship may have on a small residential campus or within the local community.
- Access to protection, medication for sexually transmitted infections, and emergency contraception may not be available.
- The current dialogue and understanding of consent in the U.S. does not always apply in other cultures.
- If anyone feels subjected to sexual harassment, they should walk away from the situation without concern for being culturally inappropriate. They can report harassment or assault to any staff member.
- In the case of a sexual assault, SFS provides support to student including access to medical care and support systems and the option to report to law enforcement. However, local laws and limited availability of resources such as rape kits can complicate reports of sexual harassment or sexual assault in foreign countries.



## LGBTQIA+

SFS welcomes all students at our centers, but recommends students know the following:

- Laws and social customs of the host country may criminalize same-sex relationships or certain gender expressions.
- Travelers may experience discrimination and harassment.
- Some cultural practices are based on traditional gender roles. As a result, some students might be misgendered.
- Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
- Health services specific to transgender people may be limited or unavailable.
- It is not always possible to use preferred names or genders (visa paperwork, plane tickets, hotel reservations, and government sites). Gender X is not recognized worldwide, and students may need to provide binary sex information. See the LGBTQ+ Resource Guide for more information.





## **PREPARING FOR DEPARTURE**





# Program Costs

The relationship SFS has with students' schools will determine the billing process. Within a week of acceptance, students or their schools will be required to pay a non-refundable deposit to reserve their spot. Afterward, we will reach out to students or their schools to collect tuition payments. Up-to-date costs and refund policies can be found [here](#).

Included in SFS program costs are program advising and orientations, tuition and research fees, airport transfers, housing and meals during program time, field excursions and cultural activities, official transcript processing, and evacuation and 24/7 support in case of emergencies.

PROGRAM	BILLING DEADLINE
Spring	November 1st
Summer 1 or 1+2	April 1st
Summer 2	May 1st
Fall	June 1st

## BASIC COSTS (BILLED BY SFS)

## SEMESTER

Tuition	\$19,000
Room & Board	\$5,000
BASIC PROGRAM COST	\$24,000

## ADDITIONAL COSTS (ESTIMATED, ACTUAL COSTS MAY VARY)

Airfare	\$1,200
Passport	\$200
Visa fees (if applicable)	\$50
Immunizations/Medications	\$1,500
Personal Expenses	\$400
Program Breaks - Accommodation & Food	\$800
ESTIMATED ADDITIONAL PROGRAM COSTS	\$4,150

## TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)

ESTIMATED TOTAL PROGRAM COST	\$28,150
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# Financial Aid

All students are encouraged to apply for SFS financial aid. Financial aid applications are reviewed on a rolling basis starting in February for summer programs, April for fall programs, and September for spring programs. Early submissions are welcomed. Students who submit an SFS financial aid application by the payment deadline will be considered for our full range of aid options. Learn more [here](#).





# TRAVEL



## PASSPORT

Students must have a passport in hand four months prior to departure that is valid for at least 6 months after arrival.



## VISA

Students will enter Peru using a tourist visa. Students' Peruvian visas will be granted upon arrival to Peru and last up to 90 days (left to the discretion of the immigration officer). Nothing needs to be done for the visa pre-arrival. Tourist visas are currently free to obtain, but visa costs are the responsibility of the student, and prices are subject to change. In case of inadequate visa allotments or pre/post program travel, students are able to stay longer than their tourist visa allotment with payment for the extra days accrued. Overstay fees are approximately \$1.50 USD/day and are the responsibility of the student, prices are subject to change.

Non-U.S. citizens may require a different visa process and are responsible for applying for, obtaining, and paying for their own visa valid for the duration of their stay.

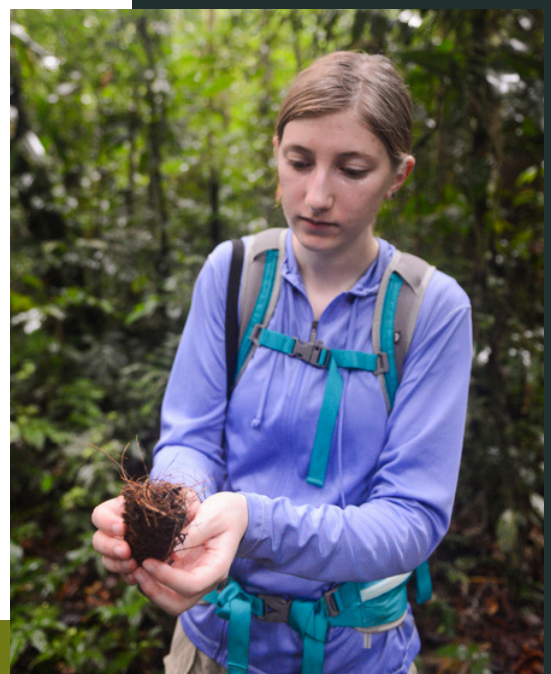


## FLIGHTS

Students are responsible for the cost of flights to and from their program. Students will receive travel instructions at least 2 months prior to the start of their program. Do not book flights before receiving these instructions.

SFS staff will meet students at the airport on the date and time specified in the airport instructions and transport them to the center. Students will receive airport instructions 1-2 weeks prior to the start of their program. If students are traveling before or after the program, they are responsible for meeting the group at the airport at the designated date and time. Additionally, SFS is not responsible for transporting or storing luggage before or after the program.

SFS is not responsible for reimbursing travel expenses for programs canceled or rescheduled due to acts of war or civil unrest, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power, or communications.





# Medical Requirements



## Medical Approval Process

Students are required to complete the SFS medical approval process. The review is not meant to exclude, but to inform and allow support systems to be put in place. No student may enter the field until medical approval is granted by SFS. See Medical Review Guide for more information.



## Vaccinations & Medications

### Required

- Rabies Pre-exposure Vaccination series (must be completed at least 2 weeks before arrival).
- Malaria Prophylactic Medication (valid for the 1 week exposure with pre- and post-exposure dosage).
- Yellow Fever Vaccine

### Recommended

- [Centers for Disease Control](#), travel clinics, or medical providers can provide further recommendations.



## Internal Health Insurance

Students are required to buy international health insurance. Students will receive international health insurance requirements upon acceptance to their program. Keep in mind most companies reimburse medical costs, so students need an emergency credit card/debit card with at least \$3,000 USD to pay for medical expenses upfront.

All students are enrolled in an emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG) for the duration of their program only. This is supplemental insurance to students' own comprehensive health insurance outlined above. See Medical Review Guide for more information.



## Accommodating Disabilities

SFS works with students, schools, and physicians to determine required accommodations and whether they can be safely and reasonably maintained on program. We strive to meet students' needs, but due to the remote nature of programs, there are varying levels of accessibility. Questions regarding health or learning accommodations can be directed to the Office of Student Affairs or the Office of Academic Affairs respectively.



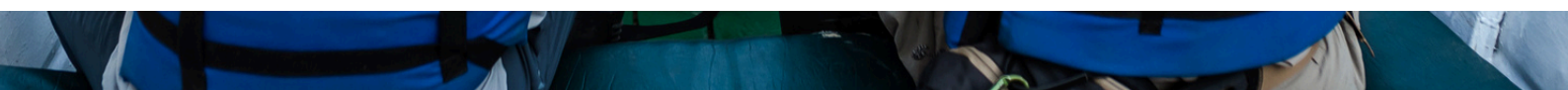


## PACKING GUIDE





# Packing Considerations



## Luggage

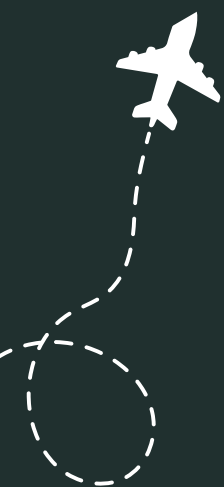
SFS does not have a specific policy regarding how much or what type of luggage students bring, however, you will be sharing a room and you will have limited space to store your belongings. Bring only what can be maneuvered oneself and check with all airlines for luggage restrictions and fees.



## Culture & Climate

The rainforest is hard on clothes and your belongings will very likely get moldy. Many students bring old clothes to wear in the field and leave behind at the end of the program. Do not bring anything that cannot be damaged!

While packing, consider the impact of the products brought to the program, both the ingredients and packaging. Plastic can be difficult for waste management in remote environments. Think about bringing a reusable tote, metal straw, cloth napkins, etc. We also highly encourage biodegradable soaps, shampoos, and conditioners.







# Required Packing

- **Pants** Lightweight blends that dry quickly. 3+ for field work and 2+ normal/flowy pants for day to day.
  - **Shorts** for around the center. Runners may want a few pairs of athletic shorts.
  - **T-shirts** Tank tops can be worn around the center but offer little protection from sun and bugs.
  - **Long-sleeved shirts** 4+ for field work. A mix of synthetic fabrics and cotton.
  - **Casual/nice clothes for town** Nothing you don't want ruined.
  - **Lightweight jacket or sweatshirt and sweatpants** for chilly nights and excursion to the highlands.
  - **Waterproof jacket with a hood or Poncho** Water resistant is not sufficient.
  - **Underwear and Socks** including light wool or synthetic (not cotton) hiking socks.
  - **Pajamas** appropriate for shared spaces.
  - **Sun hat and sunglasses**
  - **Hiking boots** Over-the-ankle recommended.
  - **Sandals or Crocs** with heel straps.
  - **Flip flops** for showering.
  - **Rain boots** Lightweight, shin-high or knee-high boots with good tread are best.
- 
- A pillow and a mosquito net will be provided at the center.
  - **One set of sheets and a pillowcase** standard twin size.
  - **Towels** 2+ large shower towel and 1+ face/hand towel. Quick dry towels are best!
  - **Toiletries** Basic items can be purchased in town, but you should plan to bring enough with you for at least a week. Preferably biodegradable.



- **COVID-19 Home Test Kits and KN95 Masks** for personal use. 2-3 tests and 5 masks recommended. Local availability may be limited.
  - **Record of immunizations and Health history**
  - **Personal first-aid kit** including Anti-itch creams, Neosporin, Bacitracin, Tylenol, Ibuprofen, Pepto Bismol, Band-Aids, Tape, Tweezers, Nail clippers, Antihistamines, Pro-biotics, Antidiarrheals, Vitamin C, Cold medicines, Immune boosters, Hydration salts/Liquid IV, etc.
  - **Prescriptions** Overseas prescriptions are not always accepted. Bring adequate supplies of prescription medications to last the duration of the program alongside doctors' prescriptions to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.
  - **Motion sickness medication/ Dramamine/ Ginger chews**
  - **Period care** Students can purchase basic period products in town. We encourage menstrual cups or environmentally friendly, biodegradable options.
- 
- **Flash drives and/or External hard drive** At least 2 GB recommended.
  - **Computer** that can open Microsoft Office documents offline and has a USB port.
  - **Surge protector and Plug adaptors**
  - **Headlamp with extra batteries.** A flashlight can be bought as a backup but not as a replacement.
  - **Dry bag or Waterproof daypack cover** Consider several smaller dry bags or sturdy plastic bags. Gallon-sized Ziploc bags work well.
  - **Day pack** Suitable for taking gear into the field. 15-30L recommended.
  - **Weekend bag** to bring on overnight field excursions or weekends off. 35-55L recommended.
  - **Notebooks and Pencils** Can buy locally.
  - **Waterproof notebook** DuraRite, 4x6 or 4x7. At least 1.
  - **Water bottles** 2 bottles with at least 1L capacity each.
  - **Sunscreen** 1+ bottles. Lotion recommended.
  - **Insect Repellent** 1+ bottles. Lotion recommended.
  - **Tupperware and travel mugs** for packing lunches.



# Optional Packing

- **University ID card**
- **Orthopedic shoe inserts for rainboots**
- **Sneakers** or other close-toed, close-heeled casual shoes.
- **Rain pants**
- **Swimsuit**
- **Purse/tote bag for town.**
- **Mosquito head net**
- **Small clothing repair kit**
- **Laundry bag**
- **Umbrella** Can purchase in town.
- **Pocketknife** Checked luggage only.
- **Hammock**
- **Journal**
- **Games, Movies, and Books**

- **Earplugs and Eye mask**
- **Baby wipes and Hand sanitizer** Can purchase in town.
- **Snacks, Drink powders, and Dietary supplements**  
Any favorites.
- **Camera**
- **Headphones and/or Bluetooth speaker**
- **Waterproof cases for electronics and silicone packets** (or some water-absorbing equivalent).
- **Binoculars** Preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine.
- **Voltage converter** if needed for electronics.
- **Extra batteries and External battery packs**
- **Wristwatch** Waterproof.
- **Clipboard**



## Contact Us

**Keep up with SFS** Follow us on Instagram [@theSFS/@SFS\\_Peru](#), read [news from the field](#), and find the [full list of the SFS team bios here!](#)

**Questions about billing?** [Billing@fieldstudies.org](mailto:Billing@fieldstudies.org)

Deposit payments, invoices, billing deadlines, financial aid packages, and loan paperwork.

**Questions about health and safety?** [StudentLife@fieldstudies.org](mailto:StudentLife@fieldstudies.org)

Medical paperwork, immunizations, managing medical conditions, and dietary needs and preferences.

**Questions about academics?** [Academics@fieldstudies.org](mailto:Academics@fieldstudies.org)

Learning accommodations, syllabi, and directed research.

**Questions about admissions or enrollment?** [Admissions@fieldstudies.org](mailto:Admissions@fieldstudies.org)

Which program is the best fit, application materials, and travel and visa logistics.