



Exchange semester in Lima, Peru
At
ESAN University
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STAP BSc Business and Economics

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Courses completed abroad:

1. Social Marketing
2. Entrepreneurship
3. Historia Latinoamericana
4. Relaciones Internacionales

1 Preparation

First I tried to finance my trip by applying for 'Auslandsbafög' and 'Promos'. You can find information for both in the internet and there are contact persons in the university as well. For 'Auslandsbafög' I had to send my documents to Bremen. Try to organize this as early as possible so you don't miss any deadline. Afterwards I booked my flight to Lima through STA Travel. Do this as early as possible as well as somewhere 2 month before the flightdate the price will increase. I booked directly both ways, but i wouldn't recommend it, because plans change often and I flew back from Vancouver even though I booked a flight back from Rio de Janeiro. So it was a waste of money. Then take care of your health insurance. I use the one of Hansemerkur. Then you can try to find courses you like in the list on the ESAN webpage and you can do a 'Vorabantrag' at the 'Anrechnungszentrum' as well. But be warned that the list is not 100 percent correct and the might be changes just before the semester starts.

2 Accommodation

Miraflores is definitely the best option for an exchange student to live in. It is the safest district, as it is the most touristic area with much nicer buildings and parks than in most of the other districts. Also, the most beautiful parts of the coast are located in Miraflores. There is also a city police strolling around all the time to ensure the area is calm and safe. I have never felt unsafe in this area, even during late nights when walking home alone. Most exchange students live in Miraflores, and mostly in big student houses. There are a lot of different companies providing these houses. (There is a list of studenthouses online on the ESAN webpage).

Some students also live in Surco, the district where the university is located, but some of my friends living there have been robbed right in front of their houses, so I would say it's not worth it. Also, living in Surco you are close to the university, but in fact, you rather want to be close to the life; people, restaurants, bars, clubs, etc. There is a direct bus from Miraflores to the university that we all used to get to school (costs 25 cents) so the distance was not a problem.

I lived together with two peruvians in a nice apartment just 2 blocks away of the malecon in Miraflores. It is a very calm and safe area close to the parks which stretch along the coast. I paid 360 dollars each month cash in soles (the peruvian currency) for a modern clean apartment. However it was still cold in august when i arrived and normally houses in Lima don't have a heating unit. Be aware that clothing need around 3 days to dry in Miraflores as it is very humid until the summer comes in november.

You can find shared apartment in facebookgroups like "Looking for Roommates in Lima". Some other options for student houses (my friends lived in these): Runa Wasi student house, Dingo Zu Hause, APU Peru.

3 Studies and University

ESAN is a highly appreciated university in Peru and South America, especially in the field of business. Most of the professors are excellent and the ones teaching in English do speak well. The campus is quite small, but it's very pretty and well-organized.

There are two cafés and two restaurants, a library and a convention center for sports and events. For students, there are many different activities and sports to do, clubs and workshops to join besides the schoolwork. Also, all those activities are very flexible, so you don't need to sign up but just turn up whenever you have time. I went to play volleyball, but as I was travelling almost every week, I only ended up going twice. Furthermore our buddies organized a football match every weekend.

The staff at the university was really helpful from the very beginning. The contact person of the International Office, Lorena Hein, answered to any queries very quickly by email, regarding accommodation, courses, etc. The email address to use for contact is: intercambio@ue.edu.pe.

Majority of the courses are offered in Spanish but there are also quite many options if you want to study in English. I wanted to take courses in both languages, even though my Spanish skills were rusted and not on a high level. I chose two courses in Spanish, one I dropped after one week after the teacher asked me why I am in this course as it should be very demanding and it was at 8 o'clock in the morning so I didn't mind dropping it - I could do this because I had purposefully chosen some courses extra.

The course-selection process was interesting. In the spring, you need to send your initial learning agreement with your chosen and confirmed courses, but these definitely do not need to be the courses you are finally taking. The course list you can find in the internet didn't match the one we got when we arrived at ESAN.

I had courses only three days a week. Mondays (6pm-9pm) and Tuesdays and Thursdays (2pm-6pm). Taken the bus ride from Miraflores takes about 1 hour, depending on the traffic. I tried to reduce the days I need to go to university as much as possible. However other people had university on only two consecutive days in a week and could use the rest of the week traveling.

Most of my professors were native speaker so their English was very good. Sometimes the pace was extremely slow, due to the Peruvian students in the class who didn't understand English.

3.1 Courses

Name: Social Marketing

Credits: 3ESAN = 6ECTS

Course description: This course aims to develop the necessary ethical and procedural competencies to successfully influence the voluntary behavior of the target public to improve their personal wellbeing as well as that of their society. This course analyses the concept of Social Marketing, Social Marketing plans and programs, Social Marketing tools, and the key factors leading to entrepreneurial competitiveness.

Comments: Interesting subject, but got quite repetitive throughout the semester. We got to plan our own social marketing project about an issue we cared about, through which I learned a lot. The professor was very talkative and went out of subject almost all the time, she came late to the class, and also cancelled three out of four reading quizzes during the semester, no one knows why. All this reduced the effort I put into this course - but well, at least the course was very chill.

Name: Entrepreneurship

Credits: 3ESAN = 6ECTS

Course description: Here you create your own business in a group of 5 people or so. You will go from the idea to the finance. As well you will have lectures in which the teacher will explain you how you can create your business. Furthermore there are some reading quizzes and other quizzes.

Comments: I really liked this course as you work in a group creating something new. But it was a bit demanding as well. Well at least more than the other courses.

Name: Historia Latinoamericana

Credits: 3ESAN = 6ECTS

Course description: This course was in Spanish. Here you learn about the history of the Latin American world. You will learn that the Inkas weren't the only civilisation down there. The history has a lot to offer and you will see the big influence of the Spanish and American folks. You will have a couple of reading quizzes, but as we were allowed to use the laptop during the tests, it was not a problem with the language barrier during the test. You could take your own notes into the class as well.

Comments: I really learned a lot about history and improved my Spanish in this class. The teacher was really kind.

Name: Relaciones Internacionales

Credits: 3ESAN = 6ECTS

Course description: This course presents students with the most salient issues in International Relations (IR) and global politics. It offers an overview of the IR system, including the power and national interest of the United States of America, the Russian Federation, and China. It also explores current transnational issues, such as new nationalisms, the environment, the overpopulation and aging problems, among others.

Comments: This course was really relaxed and the teacher was ill a couple of times so

we had less lectures. Furthermore the class was small (7people).

I used this courses to get 6 ECTS in 'Studium Integrale' and 12 ECTS in 'Studies Abroad'.

4 Everyday Life

4.1 The city

There are 10 million people living in Lima. It is a very big city! Therefore, also lots of things to do! Here are some:

Art and museums:

If you are interested in art and museums, I recommend:

- MATE (Museum of Photographic Art)
- MALI (Lima Art Museum)
- Larco Museum
- The National Museum of Peru
- MAC (Museum of Contemporary Art)

Some art galleries have free drinks nights sometimes, imagine strolling around watching the art with a glass of sparkling in your hand! There are also museums of literature and gastronomy if you are interested.

Events:

There's always something going on in Lima, events such as fairs, music festivals, book sales, concerts, sports matches, markets, etc. I recommend joining some Lima-based Facebook groups in order to get informed of the events. If you like classical music, opera, plays or theatre, check out Gran Teatro Nacional.

Trip organizers and lists for clubs:

There are also organizations that arrange trips around Peru particularly for exchange students. It's a good way of getting to know people from different universities. For example, there is always a "Welcoming trip" to Huacachina oasis in August. This trip is organized by both Erasmus and WTD (What To Do) Peru. Joining the FB-groups of these two organizations also helps you with the nightlife in Lima - they post lists for the clubs where you can put your names in.

Movies:

There are lots of cinemas that offer movies in English with spanish subtitles. In the web page Fandango.pe you can see them all and even book the tickets online. If you want to get it very cheaply, head out to the cinema in Parque Kennedy in the heart of Miraflores.

Food:

Lima is the culinary capital of South America. Peru has gone through many eras with conquerors and immigrants from all around the world, bringing their cuisines and practices with them and today the cuisine is a mix of local, traditional food and one from Spain, Italy, Germany, Japan, Chinese, Africa... (Chinese-Peruvian restaurants are called Chifas) All these combinations are delicious, and I can promise you will never be hungry! You can get a whole menu (starter, main dish, dessert, drink) in a restaurant with less than 3 euros.

Moreover, Peruvians are extremely proud of their cuisine and food. It is definitely the most common small talk topic. Some traditional dishes that Peruvians really take pride on, include for example ceviche, the national dish of Peru, which is raw fish in lime. You should definitely try it. Pro tip: It is better the earlier in the day you eat it to make sure the fish is fresh. There are three restaurants in Lima which can be found among the very top of the world's best restaurants' list (Central, Maido, Astrid and Gaston). There is also a lot of sushi restaurants with all you can eat 45 soles (Wasabi, Aida, Roll Star).

Districts:

The safest and probably nicest districts in Lima are Miraflores and Barranco. Barranco is a cool art district, there you can find street art, as well as a lot of restaurants, bars, museums and art galleries. There are a lot of 'dangerous districts' where lots of crimes and robberies happen daily, but if you stay away from those areas and be careful in general, there should be nothing to worry about. You should definitely visit Centro Histórico, the historic city center. As the name suggests, there are a lot of interesting historical buildings. Callao, the district where the airport is located, is known to be a bit shady. However, there you can find a small safe area called Monumental Callao which is full of street art and art galleries. Worth to visit! The closest sandy beach is located in Chorrillos. In the south of Lima there is a nice weekend getaway place called Punta Hermosa. There you can also take surfing lessons.

Activities:

You can go paragliding in Miraflores. Go when the sky is clear - so leave it to later in the semester. You can go surfing, in Lima it's very popular and you see people in the water year-round, day and night (yes, you can also do night-surfing!). As mentioned, you can do sports at the university, but naturally also on your own - in Miraflores, there are several gyms and tennis courts, and the malecón is great for jogging along the coast. We went to play football together every weekend somewhere in Surco. Billiard/pool is also one of the chill evening activities we often did - a nice place to do that is in Miraflores, it's called Billas People. There is also an island close to Lima where you can go swimming with sea lions!

Taxis:

The first thing the locals told me was “Never take a street taxi.” It is unfortunately quite common to get robbed in taxis, or to be taken to a random place. That is why everyone uses Uber or Beat. Those are safer as they are being tracked real time and you can follow the route from your phone. Sometimes we had to take street taxis but only during the day and with a bigger group.

SIM-Cards:

You might want to buy a Peruvian SIM-card. It only costs a couple euros and you can recharge it easily in supermarkets and pharmacies. It is handy as you often do need internet to order ubers. The two biggest teleoperators are Claro and Movistar.

More information on the city: limaeasy.com

Follow on Instagram: [lima](#) and [peru](#)

Universidad ESAN on Instagram: [esanperu](#)

4.2 Leisure time

The semester started with an orientation week, during which the university and the buddies organized walking tours to the center of Lima, dinners, and activities to get to know each other. We also had a welcoming party with an open bar, which was a lot of fun. In addition to a Facebook group, we had a WhatsApp group chat for all the buddies and exchange students in which it was easy to organize parties and get-togethers, share ideas, ask people to join for travels, or just ask any questions about anything and everything. Make sure you are added to this chat!

If you want to party, there is always someone going out and usually very welcoming for everyone to join. There were some clubs that most of us exchange students always went to in specific days, it was fun as then we were all at the same place. Bizarro for Wednesdays, La Casona for Thursdays or Saturdays, Noise for Fridays. Loki and Pariwana hostels are good for pre-parties as they are really cheap and there are lots of fun activities organized every night. For most places you need to “know someone from inside” to get in but there always seems to be someone who knows someone (ask the Peruvian buddies and join the FB-groups).

Tip: The club La Casona is a cool place with a great atmosphere, but it is unfortunately also famous for its pickpockets. Friends had their phone stolen there and around. You might want to consider leaving all your valuables at home if going there to party or just be careful (you might need your cellphone to order an Uber as streettaxi driver in this area are known for not being too nice)

5 Travel

Traveling in Peru is easy and relatively cheap. I went for travels as often as possible, mostly long weekend trips. I often used the buses, as it was a cheap and very comfortable way of travelling around. Beforehand I heard the best and safest bus companies are Oltursa and Cruz del Sur. But I ended up going with many others as well, not sure how the safety differs but I felt really safe also with bus companies such as MovilBus, IttsaBus,t and (Exclu-)Civa. The buses in Peru are something I've never seen before, the seats are like beds going as much as 180 degrees down, there are dinners and breakfasts served and you get your own TV. Make sure you book the seat that says "180 degrees", "super cama", "VIP cama" or similar. When you arrive at your weekend getaway destination early in the morning, having had a good night's sleep in the bus and being ready to explore immediately is worth every extra penny! (Compared to the neighbor countries, these luxury buses of Peru are insanely cheap.)

For flying inside of Peru, there might be extra fees for foreigners. I didn't encounter any fees and at least Viva Air and Peruvian Airlines never have any. I recommend planning ahead early to get the cheapest flights. Flying to the other South-American countries is a bit more expensive but it is possible to find good deals! Below some approximate costs of my transportation for reference.

Flights:

Lima-Cusco-Lima, 50e, Viva Air
Lima-Iquitos-Lima, 70e, Peruvian Airlines
Lima-Santiago de Chile, 70e, SKY Airlines
Lima-Medellín, 180e, Viva Air

Buses:

Lima-Arequipa-Lima, 40e, Oltursa
Lima-Huaraz-Lima, 30e, Linea
Lima-Mancora-Lima, 40e, Oltursa
Ica-Lima, 6e, Linea
Lima-Tarapoto, 30e, MovilBus
Guayaquil-Lima, 70e, Cruz del Sur

Some tips to avoid extra struggle:

- For some bus companies you need your real passport to board the bus, so worth keeping it with you when you travel. Usually a photo works but for example Cruz del Sur once didn't let a friend of me in without the real thing – so she had to go back home to get her passport and had to pay for a new bus.
- If you plan to go to Arequipa, consider taking a flight. The bus journey takes about 20 hours and even though the bus is good, the road between Lima-Arequipa is almost only mountain-hill roads with very steep cliffs and stark turns. Accidents do happen unfortunately.

- If you plan on taking tours to some attractions: Do not book any tours online in advance. You almost always get it cheaper when you just go to the place first and ask around. I found the best deals through recommendations of people staying in my hostels that had already completed the tours or treks I was about to do. Also, do not worry about tours getting 'full' as there are so many different companies organizing tours every day. TripAdvisor is a friend.
- For Peru, YTHS recommends several vaccinations: Yellow fever, Hepatitis A and B, typhoid... I recommend taking all those they recommend. Even though Peru is not really the high-risk area for yellow fever and malaria, you never know what happens – and especially, you never know to which neighbor countries you suddenly get the urge to travel! TIP: Bring quality malaria pills from Europe, as in Peru they only sell one brand which is not the most efficient one. You will need them if you go to the Amazon region in the north of Peru (and you want to!).

In the end of this report, I have attached pictures of some incredible places I visited in Peru, but here's also a list of places worth considering if you are interested in. . .

Beaches: Mancora, Lobitos, Huanchaco
 Lagoons, glaciers and mountains: Huaraz
 Jungle and Amazon: Iquitos
 Jungle and waterfalls: Tarapoto, La Merced
 Desert: Ica, Huacachina, Paracas
 Wine and Pisco tasting: Pisco
 Canyon trekking: Colca Canyon, Cotahuasi Canyon
 Ancient ruins: Machu Picchu, Choquequirao, Kuélap, Huaca Rajada, Chan Chan, Huaca del Sol
 Cities: Lima, Arequipa, Cusco, Ayacucho

6 General recommendations

Everywhere in Peru, mind your belongings at all times, and never leave anything unattended. The best decision is to buy a money belt to keep your most valuable stuff under your clothes or at least close to your body at all times. I was really lucky and didn't get robbed, but many of my friends did get robbed so be careful.

Don't wander around alone after the sunset (at least if you are not in Miraflores, but even here it is not totally safe all day long). Better safe than sorry. But you do get quite far by just being careful and using your common sense.



Abbildung 1: Choquequirao



Abbildung 2: Machu Picchu



Abbildung 3: Cusco



Abbildung 4: Iquitos



Abbildung 5: Iquitos



Abbildung 6: Huaraz-Santa Cruz Trek



Abbildung 7: Huaraz-Santa Cruz Trek



Abbildung 8: ESAN University



Abbildung 9: ESAN University



Abbildung 10: ESAN University



Abbildung 11: Lima



Abbildung 12: Lima Malecon