



## An adventure through mountains, jungles, and coastal areas with great food and great people.

### Before departure

I applied for MFS for funding and since it seemed like a very good program. The reason I did this specific project is because I wanted to go to Latin America and the opportunity was presented to me by my supervisor Enrique. My expectations were an adventure on the other side of the planet and that is exactly what I got. I didn't need to prepare anything beforehand since I already spoke Spanish from a previous exchange and was already sufficiently vaccinated.

### Upon arrival

I lived in Peru for about 4 months. During my entire stay, I worked on different parts of the project. There was no reception, but I had some Peruvian friends from when I lived in Spain, so I simply hung out with them.

### Financials

Peru is not an extremely cheap country. Going grocery shopping in a supermarket is just slightly cheaper than in Sweden. I would recommend buying food at markets and to not be afraid of bargaining the prices. If you don't like cooking, it's affordable to eat a "menu" for lunch at restaurants.

### Accommodation

I lived in different AirBnB's throughout my stay in Peru. This was more expensive than having one apartment for the entire stay, but it was flexible and comfortable. I also got to live in different areas of Lima which I really enjoyed. When I lived in the mountains, the university had a house for us to live in.

### Project

The purpose of my project was to develop and evaluate solar heating solutions for dwellings in the Peruvian Andes. I worked from home when I lived in Lima and when I lived in the mountains, I did more hands on work. My supervisor was with me in Peru and supported me throughout the process. The results were only presented locally in Stockholm, but we might try to publish them in a journal in the coming months.

### Country

I love the Peruvian culture. People are friendly, the food is great, and the vibe is chill. Of course, some things don't work as well as they do in Sweden, such as traffic. However, I got used to it and managed to adapt my lifestyle.

### Leisure and social activities

In my spare time I did many things. I went to explore the city and its surroundings, and I did exercise, such as playing basketball in the streets. I also hung out with friends. As previously mentioned, I had Peruvian friends from before, but I also met some international students at some events I went to.

### Sustainability

It is very difficult to live sustainably in Peru. Public traffic does not work specifically well, and taxis are cheap. Almost every traditional food contains meat and domestic travel is usually done by plane. On the other hand, my project deals with solar house heating solutions that offer clear advantages for the people of rural Peru, and they also help fulfill the Sustainable Development Goals (SDG's) number 3 and 7.

### **Other recommendations and observations**

I would recommend travelling around the different parts of Peru to see as much as possible. I didn't have time to travel as much as I wanted to, but I still loved every bit of it. I would also recommend Machu Picchu, it's an amazing place.

