



IEP - GLOBAL WORK EXPERIENCES

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Press Release

22 June 2009

Peru: To the Extreme

A true traveller is always looking for that trip that will challenge them, introduce them to new adventures and force them to push their own comfort zones. Combine extreme sports, living with a local family, speaking Spanish and volunteering in a local community and you've got one insane travel experience in Peru.

Non-profit work and travel organisation International Exchange Programs (IEP) run a *Volunteer Peru* program for Aussies wanting to explore this awesome corner of South America. IEP are well aware that when young Australians choose to volunteer in Peru and spend a few months completely immersed in Peruvian culture, there is much more to their trip than just the good karma that comes with volunteering.

Many volunteers are making the most of the extreme sports this tiny country has to offer, from insane surfing, down-hill mountain biking, white-water rafting and the more unique sand boarding, Peru offers a plethora of adventures that Aussies are taking part in during their time off from volunteering.

White Water Rafting-Peruvian Style

Looking for a white water challenge? The rivers of Cotahuasi and Colca near Arequipa (Southern Peru) are situated in two of the deepest canyons in the world and offer some crazy rapids suitable for only experienced rafters or gutsy adventurers. Unbelievable as it may seem, the Cotahuasi Canyon was virtually unknown to the modern world until 1994-now that is some untouched scenery!

Mountain Biking at Machu Picchu

A trip to Machu Picchu, the ancient ruins of the Inca city high on a mountain top, will always be an incredible adventure but combine with this a rapid, down-hill mountain biking trip into the Sacred Valley of the Incas before your hike up to Machu Picchu and you'll experience the Andes the way they are meant to be seen. Rocky trails, fog and high speeds will get your heart racing like nothing else.

Sandboarding on Massive Dunes

Whether you choose to ride it like a snow-board on plummet downhill on your stomach, the massive sand dunes of Huacachina outside of Ica, are bound to give you the ride of your life. Splurge the extra couple of dollars and join one of the tours, that way you have a dune buggy and driver to pick you up down the bottom of the hill and take you back up the top. Forget trudging up-hill through sand and the dune buggies offer a wild ride of their own!

Surfing in Peru

Whether you base yourself in Peru's capital of Lima for a bit of surfing or you're keen to have a crack at one of the world's longest rideable waves in Chicama or Pacasmayo, Peru is the perfect destination for this sport. Although some of the breaks are bound to give you a rush, with warm weather, warm water temperatures and uncrowded waves, you could use this time to escape the craziness of extreme sports you've undertaken throughout your time in Peru.

So much to do...plenty of time

With countless extreme sports to experience, you'll need plenty of time to make the most of them. On IEP's *Volunteer Peru* program you can spend 1-6 months living with a local family (food and accommodation included), volunteering with the Peruvian people on a project that suits you and spending your days off, or your post-volunteer time, travelling and taste-testing every sport Peru has to offer.

Interested? Contact IEP on 1300 300 912 or visit www.iep.org.au to learn more about *Volunteer Peru*

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