

Integral International Development Center

Integral Without Borders

Winter 2012 Peru



Engaging Cultures, Societies, and Systems: Applying an Integral Approach to Sustainable Development in Peru

Dates: June 6th – June 16th, 2012

Application deadline: December 1, 2011

Cost: \$1500

http://www.onesky.ca/projects/integral_without_borders_peru_tour/

In January 2012, IWB is hosting an international gathering in Cusco, Peru. This event offers a way to be inspired in a community of other integral practitioners, to experience how to apply integral thinking to global issues, to hone your skillful means, and be refreshed with new ideas and practices.

This year's theme for the Peru event is "Engaging Cultures, Societies, and Systems." In partnership with One Sky and its Peruvian partner organization, the Association for the Conservation of the Amazon Watershed (ACCA), we'll explore the nuances and complexities of engaging social groups, cultures, and systems in development issues.

We'll visit the Amazon rainforest, the internationally acclaimed city of Cusco, the Sacred Valley of the Incas, and Machu Picchu.

For more info:

iwb@integralinstitute.org



Integral Without Borders in Peru

Global meetings and integral learning events have become a signature offering of the Integral International Development Center, affectionately known as Integral Without Borders. IWB has met in Perpignan, France, twice in Istanbul, Turkey and most recently in Vancouver, Canada. IWB now goes to Peru for it's most experiential and applied learning event yet.

In partnership with:



Meta-theme

This learning event will examine the influence and engagement of *cultures, societies and systems* in an integral approach to sustainable development. We'll examine the staggering weight of the economic systems of which we are a part, the depth and nuance of culture and cultural change, as well as an applied look at how these dynamics influence and inform sustainable development objectives.

A particular applied focus of that will be on the integral work being carried out by NGOs One Sky, Drishti and ACCA on environmental change and social change in the Amazon headwaters, including some of the communities in the high Andes mountains. Climate change, in particular, will impact this region with water shortages and unpredictable weather events that disrupts local food and agricultural systems. Our project seeks to engage communities in a transformative change process in which the role women play in local markets are used both to support systemic changes in the economy, as well as to support social changes in discourse. This is not a one-off project, but rather we hope to design a model with deep structures in mind that can be adapted to local surface structures of other regions. The participants of the IWB event will directly engage in this project, as well as bring their hearts and minds to contemplate and refine its delivery. This is no theoretical task at hand; it is the real thing!

Background to Integral in the Region

Our partner organizations One Sky and the ACCA have been working in the region since 2006 to establish conservation concessions, do research on the unique biodiversity of the region and establish sustainable living skills with local populations using an integral lens. Home to the highest

biodiversity in the world, this tour will begin in a rainforest town of Puerto Maldonado. This is in the heart of the Amazon basin and has some of the most spectacular scenery and cultures on the planet. Here, One Sky and ACCA have been working with the native Q'eros people using an integral approach to assess and build capacity for community engagement. ACCA's relationships in the rainforest communities was close to falling apart in 2006, when One Sky began collaborating on this project. The basic juncture was that ACCA, as an environmental organization, wanted to conserve the forests, and the communities, most of whom derive livelihood from those forests, wanted a more sustainable forest management plan for their use and protection. Through the integral capacity building process (as well as a lot of hard work and grace!) the Q'eros community now manages a large tract of land in a government sanctioned conservation concession with the assistance of ACCA. Their collaboration has really taken off! ACCA has been supporting the Q'eros not only in the land use management of this 7,000 Hectare forest, but also to assist them in preserving their heritage and culture. The Q'eros have subsisted in the jungle through a combination of slash and burn agriculture and traditional hunting, but less than 100 people remain in the community today. This combination of community engagement, local heritage and culture, environmental conservation and collaborative land-use planning is not unusual on the planet—in fact these dimensions often align in the developing south and are needed for conservation projects to meet local livelihood needs as well as meet biodiversity protection goals. The Integral approach was instrumental in identifying the flowing and the sticking points in terms of the capacity needed to meet this complexity, as well as important component of designing the subsequent capacity development process.

One Sky also assisted in the construction of a canopy walkway in the cloud forest where ACCA has a research station. Named Wayquechas, or 'smoky place', for its almost constantly misty ambience, the cloud forest is located at an altitude of almost 11,000 feet and overlooks the Amazon headwaters. The humid air of the rainforest hits the higher altitude climes and drenches the land in a cloud forest of unparalleled beauty. Here the birding opportunities and the local orchids and flora astound the visitor and researcher alike. One Sky's involvement here was to design an integral guide-training program with local guides to ensure that the canopy walkway became an integral part of the culture and region.

More recently, One Sky has been exploring the use of integral theory to develop sustainable value chains in the Brazil Nut Harvest. We hope to combine the expertise of Integral Without Borders in this applied learning experience such that all the participants, including the Peruvians involved in the Brazil nut trade will gain by the experience.

Overview of the Trip

Below is a tentative itinerary for the trip, which may be subject to changes. On this tour, participants will travel to Lima, then fly to Puerto Maldonado in the Amazon Basin, then fly to Cusco, the hub of the regions rich cultural heritage and an international tourism destination, and culminate the experience in the Sacred Valley of the Inkas and in Machu Picchu.

Lima

Our time in Lima will be one of gathering together. It will be a time of introductions, getting to know each other, and creating We space. Everyone will arrive slowly over the day, and have an evening session together at the hotel and dinner together.

Puerto Maldonado

We'll fly to Puerto Maldonado the following day. We'll begin with a meeting with ACCA in the office in Puerto Maldonado, learning about the challenges of Conservation Concessions and the Brazil Nut trade. The intention is to learn about the impacts of globalization and the variations of economic, social and environmental change that is occurring in this region. We'll spend two days in this area, staying at a comfortable rainforest lodge, visiting communities, and getting an embodied sense of the issue at hand: how the Integral approach could be used to design and enact a transformative shift towards sustainability. We'll spend two days in this area, staying at a comfortable rainforest lodge, visiting communities, and getting an embodied sense of the issue at hand: how the Integral approach could be used to design and enact a transformative shift towards sustainability.

Cusco

We'll then travel by air to Cusco and spend three days in the ancient city. Our base will be a lovely hotel run by another NGO in which we'll have theory sessions, discussions, spiritual practice, shadow work, and more. It is walking distance to the center of the city, where we'll find great restaurants and stores. Our time in Cusco is for deeply exploring the stages of cultural development, and applying our understanding of this to the theme of the trip (value chains). Considering carefully these cultural stages is crucial for effective engagement on a global issue like sustainable markets. Our first day there is a rest and recollection day. In the following two days, we'll visit various sites which offer us an opportunity to feel and directly experience the 'worldspace' of different worldviews and value systems. We'll first visit the animistic ruins of an Inkan sacred site, Saqsaywaman, experiencing the weight, grandeur, and symbolism of the magic worldview. The following morning we'll attend a Catholic mass in the city's main cathedral, and feeling into the mythic tones that interweave this culture and set the

bounds for its expression. That afternoon, we'll visit the black market in Cusco, where the globalized modern world comes slamming onto the scene in loud colors, noise, and cheap goods, creating both grave problems as well as great potential. What does the magic, mythic, and modern worldviews tell us about the world? How can our deeper embodied experience of these worldviews help inform how we then engage cross-culturally (and cross-attitudinally) in fostering transformative change?

We'll take up what prominent world systems theorist Immanuel Wallerstein has called "the central question of the 21st Century," namely: how to respond to the needs and demands of indigenous cultures. If we believe individuals and collectives evolve, what does it mean to "preserve the culture and heritage" of any group? What examples of premodern, modern, and postmodern syntheses exist, and how can a culture transcend and include it's own cultural heritage for a resilient future? If we believe in the right of any individual or collective to develop and evolve as much as possible at their own pace (though admittedly this has rarely been historically the case), transcending and including their own culture and heritage, then we must take some steps to ensure autonomy in relevant areas. "Let 'er rip" globalization and capitalism needs to be moderated. Yet, on the other hand, globalization offers opportunities from which many benefit, including these Peruvian communities. Which means we really need to think about what is healthy vs. unhealthy in capitalist expansion/globalization. These and other such lines of inquiry will weave the trip like an enduring tapestry.

Sacred Valley

For following two days, the group will go to the Sacred Valley of the Incas where they will stay in luxurious accommodations and visit some of the ancient sites of the Inca empire. Our time in the Sacred Valley will include some community visits, to hear from indigenous Quechua people about the cultural change their families have experienced in the past two generations. This will also include some time for relaxation, spiritual practice, for hiking and taking in the scenery of this extraordinary place on the planet.

Machu Picchu

Finally, the group will embark on a full-day trip to Machu Picchu, which was recently established as one of the seven wonders of the world! This place whispers of a lost culture, a culture obliterated in the path of colonialism. Yet, has it been lost? We'll contemplate what part might have been transcended and included, and what part remains forever in the annals of history. As evolution ensues, we are pulled between *karma* and *creativity*,

and we witness loss as well as gain. Honoring the retro-romantics but also situating as evolutionaries, we'll meditate on what wisdom can be found in the smooth, immense stones of this world wonder.

This is an action-packed trip with an intellectual twist, an integrative tone, and a spiritual anchor. Participants will be able to explore both the physical terrain of Peru, the intellectual terrain of integral theory, and hone their embodied presence as integral practitioners. As well as contribute their own expertise to how we can make the Brazil nut value chain more sustainable.

Itinerary

Day 1	Lima	Time zone adjustments, opening session, we-space building, visiting the city	Jun 6
Day 2	Puerto Maldonado	Field trip to explore how markets could (or could not) facilitate sustainability, looking at gold extraction and trade, presentation from ACCA and Sheri	Jun 7
Day 3	Puerto Maldonado	Brazil nut concessions and talking with producers.	Jun 8
Day 4	Cusco	Fly to Cusco Debrief, rest, rejuvenate in the morning. Afternoon acclimatize Dinner out, evening session.	Jun 9
Day 5	Cusco	Morning session contextualizing the following three exercises: Magic (Saqsaywaman in the afternoon), shamanic ritual in the evening.	Jun 10
Day 6	Cusco	Mythic (cathedral for morning mass), Industrial/rational (midday tourist trade, mid afternoon black market visit). Evening debrief.	Jun 11
Day 7	Sacred Valley	Day trip to Sacred Valley.	Jun 12
Day 8	Sacred Valley	Stay in Lodge. Process day, sessions, hiking.	Jun 13
Day 9	Machu	Day trip to the ruins.	Jun 14

	Picchu	Back to Cusco that evening	
Day 10	Cusco	Closing: Sharing our Experience (each person presents an integral synthesis about the trip). Morning to design, present over lunch. Afternoon to pack, shop, take care of loose ends. Dinner together. Leave the following day.	Jun 15

Trip Leaders

Gail Hochachka – Gail has led a group of JFK students on a similar trip to Peru to visit the Queros and Amazon Conservation Association in 2009. Gail is fluent in Spanish, has been involved in doing an integral baseline assessment and working with One Sky in Peru since 2006. Before that she did a research study in Peru for the International Development Research Centre regarding Integral Theory in post conflict Peru. Mrs Hochachka has travelled and worked extensively in Latin America and knows Peru well. She is a director of IWB and has been a key organizer of all of the IWB international events to date.



Michael Simpson – is the executive director of One Sky and has been working with the Amazon Conservation Association in Peru since 2006. He has twenty-five years experience travelling and working in Latin America and has been involved in numerous delegations to the region. With a background in documentary film as well as a long history founding and leading two environmental NGOs in international development work, Mike brings a huge breadth of experience to the room. His stories are not ones you want to miss! Fluently bilingual, Simpson is currently a director of IWB and has attended all of the international meetings to date.



Emine Kiray – is a director of IWB and has previously organized and hosted two of the meetings in Istanbul,



Turkey. Emine has a Doctorate in economics and spends her time between Boston and Istanbul where she is immersed in integral theory. She was on the Presidents Circle of Integral Institute and remains a close friend and colleague of Ken Wilber. Emine has been deeply involved in the Integral Institute for many years and brings a strong theoretical knowledge of Integral Theory to our meetings.

Finances and Logistics

Cost \$1500

What it includes Includes accommodation, in-country travel, most food (with the exception of fine dining), facilitation and tuition. In other words, it covers you from the minute you land in Lima to the day you leave Lima with the exception of fine wines, souvenirs or special purchases.

What it does not include Your flight to Lima. Mandatory emergency medical and evacuation insurance, optional travel insurance (advised). Personal medications or inoculations. Any fine dining you partake in that simply beyond our budget (we'll try cover as much as we can!) Any expenses incurred due to weather, unforeseen acts of God, etc.

What to Bring You will need to bring a personal mosquito net to hang above your bed (not all the mosquito nets provided in the various accommodations are in good shape), mosquito repellent, hat, sunscreen, warm clothes including fleece jackets and long underwear (think Andean mountains) and excellent rain gear, light clothes for extremely hot temperatures (think sweltering humid jungle), a small headlamp or flashlight should you go on an evening walk, personal medicines, a camera, notebook, pencil.

What not to Bring Don't bother with your laptop...you will barely have time to use it and connections are not guaranteed. If you need to send an e-mail, at least one organizer will have their laptop and we can ensure your use. There are internet cafes available (often at the hotels we are staying at) or we can make arrangements to notify loved ones. We don't recommend you bring jewelry or items that you don't need, although we trust your call on this and offer our general rule of thumb: "only bring that

which you are okay to not go home with." Don't bring perishable items... it is hot and humid and items like chocolate will melt. Don't bring what you don't need. Going light is good. See the section on gifts for more information on making appropriate personal donations while on an IWB tour.

Climate Peru is a country of many micro-climates. Unfortunately, you need to prepare for all of them! It's hot and humid in the Amazon basin and cold and wet in the cloud forest. The high mountain environment can be chilly and require a wool hat, excellent jacket and fleece layers. However, when the sun comes out, since we're at such high altitude, you'll also need a sun hat! January is the 'rainy season' (perfect for Brazil nuts, but can be chilly). It is a rare Northerner that will ever need a sweater or jacket in the Amazon basin (read: hot) while temperatures in the cloud forest are similar to a wet November day in Canada. So, think ahead and try to prepare as best you can (without bringing your entire wardrobe!).

Attire Here are some ideas for attire for the different areas we'll be...

In Puerto Maldonado and the Amazon: Participants should wear the lightest, most breathable outfits they can using the principle of layers to deal with the variety of temperatures. Shorts are acceptable although pants are recommended for bugs. Good comfortable walking or hiking shoes, a light hat for the sun and plenty of changes of underwear and socks are important in a land where you will sweat a lot. Don't forget sandals and a bathing suit should you wish to swim. You are wise to bring a towel and your own toiletries.

In Cusco, Sacred Valley and Machu Picchu: Participants should wear long pants or jeans, a short-sleeved shirt and a good, warm sweater, and also tote along a sun hat as well as a rain jacket (weather can change suddenly in January). In the evenings, bring a jacket or coat, and a wool hat. Consider high elevation locales that can warm up at noon hour and chill down quickly as clouds pass or as the sun goes down.

Participants The group is limited to 15 participants (15 max and 6 min) and may have up to four group leaders or coordinators. Participants should be reasonably healthy, able to walk in hot, humid conditions, as well as willing and able to acclimatize to a high elevation city like Cusco. We'll take the first few days slowly at altitude, for all our physiologies to adjust. Participants should also be open to personal reflection, growth and challenge, and to other cultural viewpoints. All participants are required to have passports that are valid for at least six months from the date of entry. Visas are available upon arrival in Peru for Canadian and US citizens.

Residents of other countries should check on visa requirements. Participants are required to apply by email (iwb@integralinsitute.org), see Application Form below.

Photography Photography is encouraged and cameras are welcome at most occasions. Peru tends to be a friendly place for photography. Delegations make for an excellent opportunity to take pictures as the whole event is considered special and worthy of photographs. We do, however, encourage dialogue with locals and seeking permission before you shoot. We also discourage cameras or videotape from getting in the way of your experience or the enjoyment of others. Every assistance will be given to guide you on local protocols, to minimize disruptions for others and to ensure you come home with your memories on film. Please be aware, however, that capturing that special wildlife photo can take a professional photographer days or even weeks to accomplish. Don't expect miracles on film during a very busy schedule.

Terms and Conditions

Payment Schedule: A deposit of \$1000 per participant must be paid in full to secure a seat on a delegation and the remaining balance of payment is due 15 days in advance of the scheduled tour. Please apply first and to receive conditional approval before sending us any funds. Pre-departure documents and permission to join a delegation or tour are only issued once all documents, forms and payments are received. For wire transfers, please note that your financial institute will likely charge you a service fee, for which you are responsible. Returned cheques are subject to a \$25 CDN fee.

Prices: Prices quoted are based on fares in effect at the time of publication and are subject to change without notice prior to departure. All prices quoted are in US dollars. Please read all of the conditions carefully. Payment of a deposit of any part or full payment for a reservation shall constitute consent to all of the provisions contained herein.

Cancellations and Refunds: All cancellations and refunds must be received in writing. Cancellations received 45 days in advance are refunded in full less a \$300 administrative fee per participant. If a cancellation is made less than 45 days but more than fourteen days in advance of the tour cancellation is 65 % of the tour cost. For cancellations made less than fourteen days in advance all deposits and tariffs are forfeited and no refunds will be made. Prices quoted are based on group participation and no refunds will be made for any part of the program in which a participant

chooses not to participate. It is understood that refunds cannot be made for participants who do not complete a delegation or tour for any reason.

Delays: In the event of a delay participants will be responsible for additional meals, accommodation, transfer and flight changes should they be required.

Baggage: The less you bring the lighter you will travel. Airlines generally restrict baggage allowance to two bags plus carry on. The flight to Puerto Maldonado has a weight restriction and you may be charged for more than one bag. So, try to bring only one bag, plus a carry-on that can double as a day-pack when you are in the country.

Insurance: Due to the remoteness of this trip emergency medical evacuation and travel insurance is mandatory (a policy number must be provided prior to travel). Comprehensive trip cancellation and travel insurance is recommended.

Itinerary: The itinerary described is subject to change at the discretion of the IWB group leaders or One Sky head office. This is an adventure to a remote and at times precarious region of the world where conditions change and circumstances predicate good decision-making. Although we provide what we consider to be a valid and sensible itinerary, the actual schedule may change in the field due to unseen circumstances. Every attempt is made to stick to itineraries and travel routes. IWB and One Sky reserve the sole and exclusive right (at our discretion) to alter or omit any part of the itinerary or change any reservation, feature and/or means of conveyance without any notice and for any reason whatsoever including but not limited to weather conditions, political events, road conditions and any factors beyond our control without allowance or refund and with any and all extra costs resulting there from paid for by the participants. We expressly reserve the right to cancel, without prior notice to participants, any tour prior to departure in which case payment will be refunded without further obligation on our part including, but not limited to the payment of interest thereon. It is understood that all decisions will be made in the best interests of the participants and with regard to the safety of locals.

Responsibility: Prior to leaving participants will receive two copies of a standard contract/liability waiver. Please read this carefully and retain one copy for your records. While IWB and One Sky and its sponsoring organizations and partners exercise reasonable care, we accept no responsibility whatsoever for any property loss or damage and or any damages resulting from illness, personal injuries or death which may be

sustained by reason of, or while engaged on, any tour whether due to ownership, maintenance, use or operation of any manner or means of conveyance including, but not limited to ship, aircraft, helicopter, automobile, train, motorcoach, bicycle, boat, vehicle, hotel, common carrier or any other conveyance used in carrying out these tours for any reason whatsoever. We cannot and do not accept any responsibility for any losses whatsoever whether caused by failure or delay or other irregularity, acts or omissions occurring during a tour under which the means of transportation or other services provided thereby is offered or supplied by owners, operators, or public carriers for whom IWB and One Sky act only as an agent. IWB and One Sky shall not be responsible for any injury to person (whether or not resulting in death), damage to property or additional expense or the like due to, or arising out of, any act of war, insurrection, revolt or other civil uprising or military action occurring in the countries of origin, destination or passage or changes caused by sickness, weather, strike, quarantine, acts of God force majeure, or other causes beyond our control. Any and all such losses shall be borne solely by the passenger as tour rates provide for arrangements only for the time stated.

IWB and One Sky strongly urge individual participants to obtain appropriate insurance coverage. Baggage is at the owner's risk entirely. One Sky will not be held responsible for inadequate travel documents – visas, passports and travel documents are the responsibility of the participant including proof of vaccinations when required for border crossing or entry to a country.

IWB and One Sky, its agents and sponsoring organizations and partners do not assume any responsibility or liability whatsoever for any claims, damages, expenses or other financial loss related to the operation of this tour. All legal questions and actions against IWB and One Sky must be brought in Smithers, British Columbia, Canada and by accepting participation on a tour of IWB and One Sky the participant waives any right to bring an action in any other forum. By forwarding a deposit, the passenger certifies that he/she does not have a mental, physical or other condition or disability that would create a hazard for him/herself or other participants. One Sky expressly reserves the right in our sole and arbitrary discretion to cancel or withdraw any participant as a member of a tour or delegation at any time.

Participants must sign a legal waiver form and agree to certain conditions before travel. All participants must show valid proof of health insurance and additional travel insurance. All responsibility for subsequent travel, logistics and arrangements are the responsibility of the participant. Travel to and from Peru can be arranged through IWB and One Sky or our travel

agent but remains the responsibility of the participant along with all necessary visas, inoculations, and special medical needs.

Gifts and Personal Donations. Making a personal gift or donation or giving away funds on behalf of other people can be a rewarding experience. It can also cause a lot of problems for subsequent travelers and participants on our tours. Even giving away pencils, candy and small change to children or individuals can set precedents that are difficult to break later. At IWB and One Sky we believe your generosity is always appreciated... and that you should be given appropriate opportunities to act charitably. We simply ask that you do this during the allotted free time when you are on your own and are seen to be acting independently from IWB and One Sky or preferably to give through formal channels. There are plenty of opportunities for you to give your support to community groups, organizations, campaigns, celebrations and even to individuals through targeted programs. It is almost certain that you will be approached and we think it is very helpful if you consult with your group leaders and seek advice. No place is immune from scams and why not make your donation count?

Application Form

Full Name (as on passport): Title: First: Last:

How you would like to be referred to (eg printed documents):

Passport Number:

Date issued: Date expires: Place it was issued:

Date of Birth: Nationality: Place of Birth:

Address:

Street: City: Country: Zip-code:

E-mail

Telephone: Home: Work: Cell: Fax:

Medical concerns (please list any medications):

Emergency medical insurance:

I already have a policy:

I will require a policy please send me information:

I have all required vaccinations:

I need vaccinations please send me information:

Dietary Requirements:

Emergency Contact Name:

Phone:

Participants Signature (indicates you have read and agree to the terms and conditions):

Where did you first hear of this tour?

Have you traveled outside of Canada before?

Is this your first "developing world" experience?

Have you been to Peru before? Where?

What is your familiarity with the Integral Model?

Languages spoken:

Cross cultural experience:

Voluntary experience:

Group dynamic experience:

In 2-3 paragraphs please tell us a little bit about yourself and indicate why you are interested in participating in this Integral Without Borders-One Sky event. Tell us what motivates you to join us on this adventure. Note this information will be shared with other participants prior to departure should you be accepted.

Please email your application to iwb@integralinstitute.org
Thank you!