

Student Exchange Program Booklet PERÚ 2020 - 2021



International
Pharmaceutical
Students' Federation



A P E F Y B
ASOCIACIÓN PERUANA DE ESTUDIANTES
DE FARMACIA Y BIOQUÍMICA

Content

I. APEFYB	03	Sierra	
About Us?		- Tourist places	
II. ¡Proudly Peruvian!	04	- Traditional celebrations and dances	
Brief History of Peru		- Gastronomy	
Geographic Location		Jungle	
III. Pharmacy in Peru	06	- Tourist places	
Historical Review		- Traditional celebrations and dances	
Illustrious Pharmacists		- Gastronomy	
IV. SEP in Perú	11	VI. Applications that will improve your stay during the SEP	26
Development Areas		Delivery	
- Hospital pharmacy		Transport	
- Community Pharmacy		Emergency	
- Investigation		VII. Recommendations	27
Available cities		Type of currency and places of exchange	
- Lima		Weather	
- Trujillo		Travel budget	
- Ica		VIII. Testimonials	28
- Juliaca		IX. How to apply to SEP Peru	29
- Huamanga		X. SEP APEFYB Peruvian Team	30
- Cusco			
- Iquitos			
V. Culture	16		
Coast			
- Tourist places			
- Traditional celebrations and dances			
- Gastronomy			



I. APEFYB

About Us?

APEFYB is the Peruvian Association of Pharmacy and Biochemistry Students. It is a non-profit Association that was born on the initiative of the student representatives of the Pharmacy and Biochemistry career of the different universities in the country, proposal presented at the Peruvian Scientific Congress of Pharmacy and Biochemistry Students (COCIPEFYB) Ayacucho 2015. In the context of the need to promote the professional development of the students of the Schools and Faculties of National and Private universities of Peru. In addition to addressing issues related to Public Health, Pharmaceutical knowledge, and the creation of links with student associations around the world through their affiliation to the International Pharmaceutical Students Federation (IPSF) representing Peru as its National Association.

APEFYB, Perú currently represents 10 subsidiaries between national and private universities in the country, which are part of our association:

- Universidad Nacional de Trujillo – APEFYB UNT
- Universidad Norbert Wiener – APEFYB UNW
- Universidad Nacional Mayor de San Marcos – APEFYB UNMSM
- Universidad Nacional San Antonio de Abad del Cusco – APEFYB UNSAAC
- Universidad María Auxiliadora – APEFYB UMA
- Universidad Nacional San Luis Gonzaga de Ica – APEFYB UNICA
- Universidad Andina Néstor Cáceres Velázquez – APEFYB UANCV
- Universidad Peruana Cayetano Heredia – APEFYB UPCH
- Universidad Nacional San Cristóbal de Huamanga – APEFYB UNSCH
- Universidad Nacional de la Amazonia Peruana – APEFYB UNAP.



II. ¡Proudly Peruvian!

Brief History of Peru

The region now known as Peru has a mythical history. Human origins date back to the eighth millennium BC. Organized village patterns developed, and several different cultures began to emerge in 1500 BC. C. The Chavin and Sechin are the best known of these early civilizations; they left advanced stone sculptures of religious iconography, generally invoking the jaguar.

As these cultures became extinct, a second wave of distinctive civilizations arose in their place. The Paracas and Saliner left sophisticated fabrics and ceramics as a legacy. From the Paracas culture came the mysterious Nasca.

The population of Nasca was part of the architects who made the incredible lines. The lines are a series of drawings over 50 miles from the desert of southern Peru, called geoglyphs. These drawings include the famous monkey, spider, bird, and waving human figure, as well as several other smaller lines and drawings. The drawings are huge, large enough that they can only be vaguely seen from the observation towers. They are better deciphered from the air, which is where the mystery arises. The population of Nasca could never have seen their own drawings from the air, so the question arises about the motivations of the architects. Who was it created for? One of the routes of your trip to Peru must include the Nasca lines, so that you can form your own opinions about its mystery.

When Nasca and other coinciding civilizations began to disappear, the mighty Inca emerged. The Inca civilization began as a small "municipality" in the Cusco Valley in the mid-1400s. Cusco continued to be the Inca's military and political center when it began to expand. In less than a century, the Inca Empire spread from Colombia to northwest Argentina. The seat of the Inca emperor, Cusco became the richest city in the Americas. It was built in the shape of a jaguar, and travelers can still walk around its outline.

The Incas were successful in their expansion, obviously due to their great military ability and planning, but also because they incorporated the best aspects of each culture that they conquered in theirs. Peaceful assimilations were common; emissaries were sent as external rulers, who sent their children to Cusco to be educated.

Francisco Pizarro landed on the Pacific coast in the Ecuadorian region in 1532, his arrival coincided with the end of a destabilizing civil war between two Inca rulers. He and his entourage assassinated Atahualpa and easily captured the northern region of the empire. Pizarro continued south to Cusco and looted the city. The Incas continued to fight fiercely for several years; The lost city of Machu Picchu was one of its last strengths. Spanish rule had already begun.

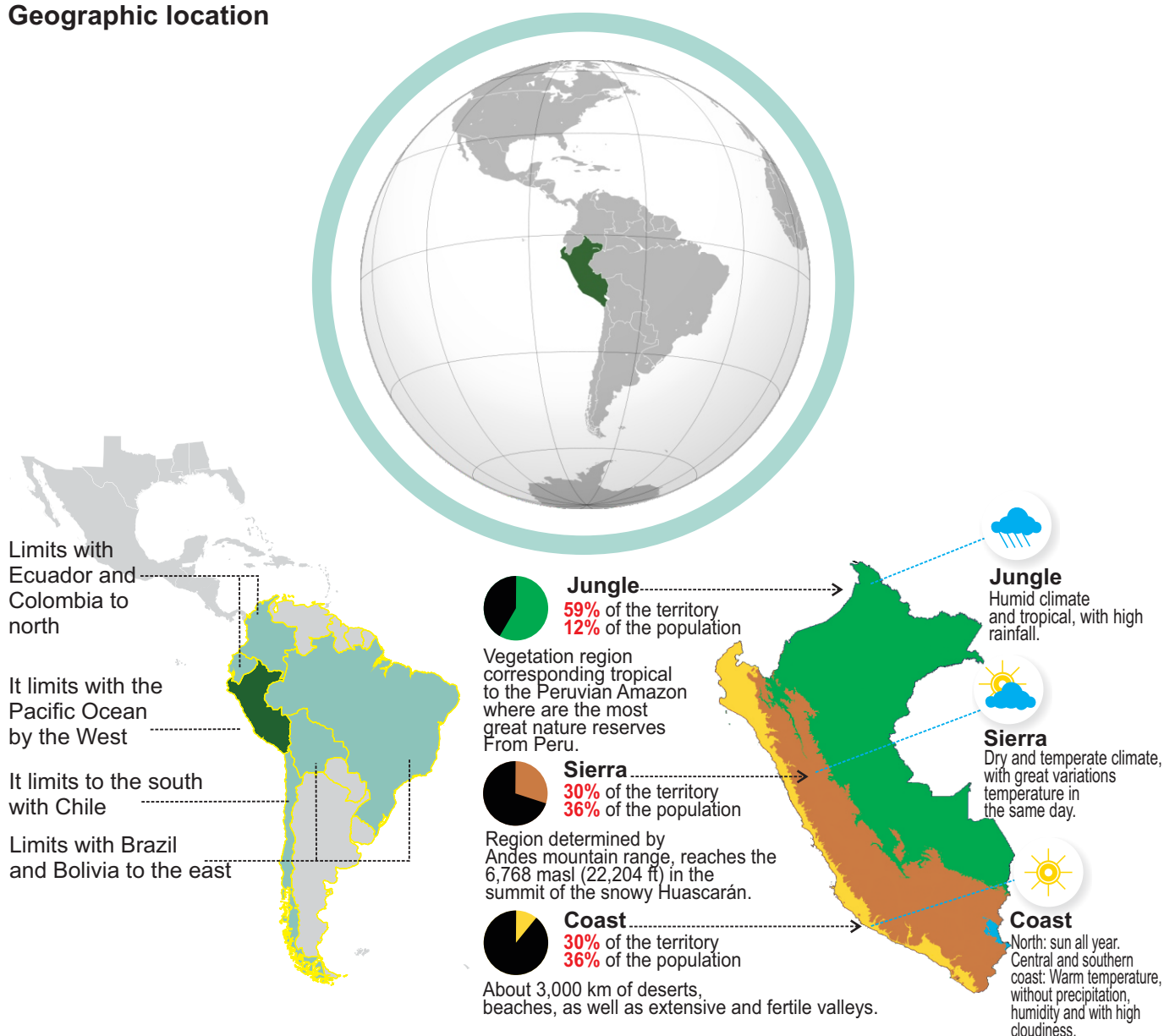
The Incas disappeared when their cities were destroyed, and smallpox and other European diseases swept the region, but they left behind their sublime stone and architecture. The Jaguar of Cusco still raises its head and Machu Picchu rises through the mists with the sun.

<https://vacacionesenamerica.com/resumen-de-peru-historia-cultura-clima-y-cocina/>

<https://www.embaperu.ch/sobre-el-peru/informacion/historia-peruana/>

http://www.travelgroup.com.pe/conoce-peru/informacion_general

Geographic location



III. Pharmacy in Peru

Historical Review

The origins of pharmaceutical historiography in Peru as an independent science are not exactly known, however, it is known that Inca medicine was the most developed medical practice of its time, on which it addresses issues such as magical and rational medicine, customs in relation to this discipline, natural treatments such as drugs, surgeries, trepanations, among others.

For the Incas diseases were considered punishments of the gods and supernatural forces. Because of this, Inca religious magic medicine was the union of natural medicine together with religion, in which medicinal plants were used as drugs and spiritual rituals during medical procedures. Those in charge of these praxis were the healers or shamans, of which the most prominent were the Hampi Camayoc, the medicine keepers were exclusive doctors of the Inca and the nobility, and the Collahuayas were itinerant healers who carried with them all their instruments from medicines to amulets. The medicinal plants that had high relevance at that time were the coca leaves, ayahuasca, muña, tobacco, corn chicha, quinoa, paico, achiote, cat's claw, nettle and grade blood. Each one with multiple medicinal functions for the Incas such as analgesics, anesthetics, diuretics, digestive, a anti-infectives, among others.



Upon the arrival of the Spanish and with them their religious beliefs, all this knowledge vanishes because they were considered as acts of heresy and paganism.

Among the Spaniards who arrived were health personnel, however, in the early years of the conquest, the practice of these was not practiced since they concentrated on the treasures found in Peru. Although they not only concentrated on gold and silver treasures, they also discovered the wonderful existing plant species and their benefits, that is how plants such as coca, tobacco, potatoes, quinoa, guayacán, sarsaparilla, barley, cardosanto, corn, came to Europe. cocoa, etc., which expanded knowledge back then.

The City of the Kings, current Lima, did not have the pharmaceutical services until the first years of its foundation by Francisco Pizarro in 1535, in addition to this, the first record of pharmacy visits, found in the Book of the Cabildo de Lima, It was made in 1537. Before this, the exact date of the opening of the first pharmacy in Peru is unknown. However, despite the fact that there were drug



stores at that time, it was not always the pharmaceutical professionals who were there, it was not until 1569 that the “Royal Protomedical Tribunal” was established in Lima, where a pharmacist was made available as the immediate head of professionals in your guild. The pharmacy began to form with a university character in 1808, in this way more complex studies could be carried out since the foundation of Colegio San Fernando in 1859, currently it is the Faculty of Medicine of the Universidad Nacional Mayor de San Marcos.

In 1871 the Pharmaceutical Society was born as an institution, which due to the war with Chile did not resume its activities until 1896, and changed its name in 1922 to the National Federation of Pharmaceutical Chemists, built their own place, created the Pharmaceutical Chemical College and the Directorate of Pharmacy.

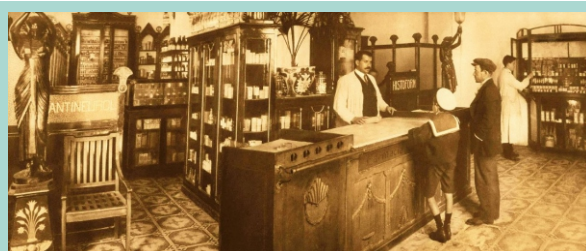
The XIX century witnessed transformations in the world with the political, economic,



technological and scientific advance; These last two had a strong impact on the pharmacy, the pharmaceutical industry in the world developed. In 1913 in Peru the pharmaceutical industry did not yet exist, however, in the apothecaries some

medical specialties, syrups, tonics, bitter gums, kola wine and some cosmetic products began to be prepared. It was not until 1915 that the Maldonado brothers built a laboratory where they started with the specialty Bronquiol, milk of magnesia, Yodon; They then manufactured in industrial quantities ovules, suppositories, gelatin capsule, patches, sticking plaster, asthma cigarettes, saccharin tablets, poultice and eucalyptus essence. On November 30, 1959, with Law 13270 on industrial promotion, the opening of laboratories was favored.

The first concept of Clinical Pharmacy was established in 1970 worldwide and was not a rage in Peru until the 1980s, when the concept of the dispensing pharmacist profession became an active and updated provider of drug information.



Illustrious Pharmacists

Dr. Ángel Maldonado Alcázar



He was born in Pisco and studied at the Universidad Nacional Mayor de San Marcos, he was a Professor Pharmaceutical Chemist who due to his love for pharmacy was the first to implement

and encourage the pharmaceutical industry in Peru, along with his brother Eduardo Maldonado founded Laboratorios Maldonado, the first laboratory in Peru. He also unveiled medicinal folklore, began studying the Peruvian flora at the university, supported the construction of the building of the National Federation of Pharmaceutical Chemists and installed a laboratory in the "Museum of Medical Sciences", in which they exhibited relics, pharmaceutical instruments and antiquities, along with tributes to the characters that stood out in the field of medicine in Peru, unfortunately the museum was not preserved after Maldonado's death.

Dr. Marco Antonio Garrido Malo



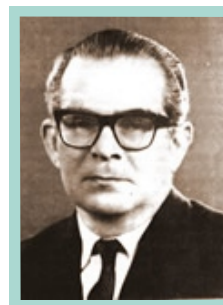
He was born in the city of Sullana-Trujillo, studied at the University of Poitiers in France, where he obtained an academic degree of Pharmacist and a master's degree in Biochemical Analysis, then obtained a doctorate in Pharmacy

and Biochemistry at the University of La Soborna. I return to Peru and I innovate the pharmacy profession at the San Marcos University, restructuring the curriculum plan and considering creating research institutes. I stand out in the industrial field, I install a small pharmaceutical laboratory, initially for the creation of galenic formulas, over time MAGMA was created, a pharmaceutical industry that incorporated BIOSA, then Sanitas and IFARPE, finally it constituted a pharmaceutical consortium called INFARMASA of great magnitude functional, commercial and financial at national and international level. I also look after the manufacture of medicines, where I created the first Peruvian laboratory for the production of antibiotics "chemical synthesis" (SINQUISA) in Puente Piedra.

Dr. Juan de Dios Guevara

He was born in Pisco, studied at the Universidad Nacional Mayor de San Marcos, then went to the School of Chemistry and Pharmacy of Chile, returned to Lima to finish his studies in Pharmacy. He was a professor at the University of San Marcos and rose from the position of professor, dean of his faculty to finally rector.

Another important position he assumed was the presidency of the National Council of Universities of Peru (CONUP) from 1971 to 1977.



From 1980 to 1983 he was president of the Chemical Society of Peru. Founder of the Peruvian Academy of Pharmacy. The scientific contributions of Dr. Guevara have been published in the Peruvian Pharmacy magazines, the Bulletin of the Chemical Society of Peru and the Bulletin of Information on Applied Chemistry.

His articles include "Inorganic chemistry and modern nomenclature", "The content of fluorine in the drinking waters of the Republic of Peru", as well as "History of the Chemical Society of Peru" and "Kitchen remains left by pre-Columbians that inhabited the Peruvian coast."



Dr. Gonzalo Gurmendi Robles

In 1919, he studied at the pharmacy section of the Faculty of Medicine. His first management in the Collegiate Order, was to integrate other scientific and academic

entities, where he projected his fruitful action, with the honesty of a delivery that had no truce or failure. I have been working for thirty years in the Pharmaceutical Management of a company "Laboratorios CIPA S.A." to which it prestigious with singular success.

He, along with other chemists Tomás Godínez P., José Manuel Dellepiane, Santiago Devéscovi and Jorge Barcellos, attended the meeting called by Dr. Fortunato Carranza, seconded by Víctor Cárcamo Márquez. In it, the idea of founding an institution that grouped together the chemists of Peru was

proposed. A commission was appointed to draft the Statutes. Once these were approved, a General Assembly was called for October 17, the date on which the Chemical Society of Peru was born.

Dr. Fernando Montesinos Ampuero

He was born in Arequipa, studied Pharmacy at the San Marcos University where he obtained the title of Pharmacist in 1939 and the degree of Doctor of Pharmacy and Biochemistry in 1953.

Previously, from July 1948 to August 1949, he had made studies and postgraduate visits to the United States, interning at the FDA, the National Bureau of Standard the National Institute of Health and the laboratories of Physiology and Pharmacology of various universities in New York. I work in the Ministry of Health, he was an advisor to chemical and pharmaceutical companies, he also developed the regent position of Laboratorios Portugal. For a little over thirty-three years he devoted himself to teaching at the School of Pharmacy, first and then at the Doctoral Section of the Faculty of Pharmacy and Biochemistry, in San Marcos. He was founder and President of the Association of Doctors in Pharmacy and Biochemistry, President of the Chemical Society of Peru.

Internationally, he stood out as a Member of the WHO Panel of Experts on Experimental Pharmacopoeia and Pharmaceutical Preparations, which he was in for 20 years.

In Peru, together with Dr. Mary Jara Echea, she published the book "Pharmaceutical Guide" which continues to be the professional bedside book for Peruvian Pharmaceutical

Chemists. They also published the "Guide to Pharmaceutical Specialties".

Dr. Fortunato Carranza Sánchez

He was born in Huanuco, studied Pharmacy at the Universidad Mayor de San Marcos in which years later (1955) he would become interim rector, he was a Peruvian professor and researcher chemist. In 1933 he was the one who proposed the idea of creating a Chemical Society of Peru, of which he was president twice (1938 and 1958-1959).

He introduced in the country the methods based on the use of ultraviolet or Wood light, phase contrast microscopy and photocolormetric cells. In addition, he also served in the Callao Customs (1925-1955). He was awarded the Palmas Magistrales in the degree of Amauta and the Hipolito Unanue medal. Retired from the professorship, he went to Geneva as a consultant to a United Nations agency created to control the use of cocaine and other alkaloids. He died in Lima on January 19, 1969.



IV. SEP in Perú

Development areas by subsidiary

APEFYB-UMA (Universidad María Auxiliadora)



Hospital Pharmacy

The Pharmacy and Biochemistry degree at the Maria Auxiliadora University offers the intern in the Hospital Pharmacy area the experience of completing their SEP at the Central Military Hospital of Peru in the city of Lima. Here you can gain experience and live the day to day work that the Pharmaceutical Chemist performs in the different areas that the hospital offers.



Investigation

The Pharmacy and Biochemistry career at the Maria Auxiliadora University offers the trainee undergraduate workshops of Master Formulas in charge of Pharmaceutical Chemical professionals and with experience in the area of preparations, willing to give quality teaching and experience for future professionals to develop academically.



APEFYB-UNMSM (Universidad Nacional Mayor de San Marcos)



Investigation

In the Faculty of Pharmacy and Biochemistry of the UNMSM, research projects are developed jointly between teachers and students, who are organized in various research groups. The intern who performs SEP would have the possibility to participate in these research groups, for this, prior coordination with the JDL UNMSM and the team responsible for the Research group is necessary. In addition, to participate in one of these research groups requires having had experience with a research project related to the topic in which the research group in which they wish to participate works.



APEFYB-UPNW (Universidad Peruana Norbert Winer)



Investigation

In the UPNW branch, you can work in the field of research, where you develop different skills and knowledge in the laboratory with the help of good teachers, this is achieved after coordination with the head of the laboratory and the LEO.



Hospital

The Norbert Wiener Private University offers internships in the hospital pharmacy area, where you will be able to work and acquire knowledge about it in a well-established hospital located in the city of Callao.

Daniel Alcides Carrion National Hospital
It has trained professionals graduated from our university who can help and guide you during your stay.



APEFYB-UPCH (Universidad Peruana Cayetano Heredia)



Investigation

In the UPCH subsidiary, you will be able to participate in projects that are carried out in the Research and Development Laboratories (LID), prior coordination with the head of the laboratory and the LEO.



APEFYB-UNT (Universidad Nacional de Trujillo)



Hospital Pharmacy

The Faculty of Pharmacy and Biochemistry of the National University of Trujillo has graduates who have worked in various work areas, one of which is the Hospital Pharmacy, which is why the intern who



performs SEP at this university will have the opportunity to do internships. in the different hospitals of the region, carrying out quality control, storage, dispensing, dose preparation, safety and joint work with other health professionals, among other occupations of a Pharmaceutical Chemical Professional in the hospital.

APEFYB-UNSAAC (Universidad Nacional de San Antonio Abad del Cusco)



Hospital Pharmacy

The Pharmaceutical Chemist in the Hospital has a professional performance in different areas such as: health control of drugs in the warehouse, dispensing, therapeutic drug preparations, among others.

The intern will have the satisfaction of knowing the different areas of professional performance of the Pharmaceutical Chemist at the Hospital de la Región de Cusco.

Community Pharmacy

In the community pharmacy of Cusco-Peru, customer-patient care is provided,

it fulfills several functions such as the interpretation of medical prescriptions, the dispensing of medications and the proper storage of medications, stock control, and search for medications by laboratory, prices, etc.

- Customer-patient care: good customer service is very important
- Dispensing of medicines and products: for dispensing, pharmaceutical personnel must know the different pharmaceutical forms, routes of administration of medicines, know trademarks, over-the-counter and prescription drugs.
- Pharmaceutical software management: some pharmacies in the Region have a software program that allows the pharmacist to have full control of merchandise and sales. With this program you can manage merchandise orders from drugstores, clients-patients, have an empathy with people, guide the patient on the correct way to use a product.
- Informational internship at a community pharmacy: the intern will have a great opportunity to know, the process of how the community pharmacy works in Cusco-Peru, will have the opportunity to become familiar with national products.



APEFYB-UNICA Universidad Nacional “San Luis Gonzaga”



Investigation

In Ica city, we can find lands rich in lots of plants, in them active drugs of scientific interest.

During your days in Ica you can carry out scientific research in the pharmacognosy laboratory, carrying out phytochemical screening of the plant, phytopharmaceutical preparations, extractions of the active drug and you will learn to elaborate research works on medicinal plants.



APEFYB-UNSCH (UNIVERSIDAD NACIONAL DE SAN CRISTÓBAL DE HUAMANGA)



Community Pharmacy

In the community pharmacy of ayacucho,



customer-patient care is provided, it fulfills several functions such as the interpretation of medical prescriptions, the dispensing of medicines and the good storage of medicines, stock control, searching for medicines by laboratory, prices, etc.

- For dispensing, the pharmaceutical personnel must know the different pharmaceutical forms, routes of administration of the medicines, know trademarks, over-the-counter and prescription medicines.

APEFYB-UANCV (Universidad Andina Nestor Cáceres Velásquez)



Community Pharmacy

The dispensation of medicines; which is an essential service in the daily professional practice of any community pharmacist, where the access of medicines to the population is guaranteed, also making known the correct use.



APEFYB-UNAP (Universidad Nacional De La Amazonia Peruana)



In what is the alcohol gel project, the faculty of pharmacy and biochemistry has a pilot plant so that the intern together with the teacher can participate in it. Previous coordination of the APEFYB-UNAP meeting and with the Dean's Office present in said project.

Investigation

The pharmacy and biochemistry degree offers the project in alcohol gel and also the part of research in natural resources since it has various vegetation on medicinal plants.



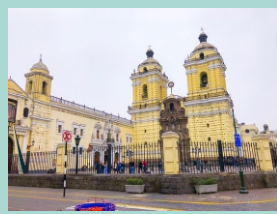
V. Culture

Coast



• Tourist places

Lima



Convent and Basilica
from San Francisco



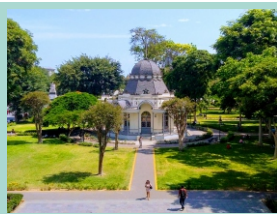
Lima Cathedral



San Martín Plaza



Miraflores



Park of the
Exposition

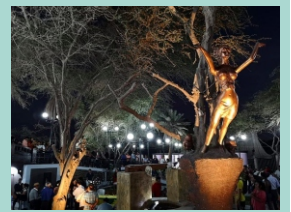


Barranco

Ica



Huacachina Lagoon



The Witches of
Cachiche



Ballestas Islands



National Reserve of
Paracas



Vineyards



Vitivinicola

Trujillo



Huanchaco



Main Square



Chan Chan



Cathedral

• Traditional celebrations and dances

Lima



Lord of Miracles



Limeña Marinera



The Zamacueca



The Son of the Devils

Ica



Lord of Luren



Harvest Festival

Trujillo



Northern Merinera



Marinera Festival



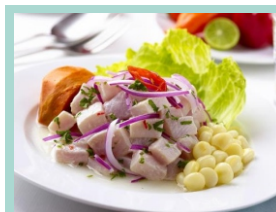
Virgin of the Door



Spring Festival

• Gastronomy

Lima



Ceviche



Lomo Saltado



Papa a la Huancaína



Causa Rellena



Ají de Gallina



Pollo a la Brasa



Pisco Sour



Suspiro a la Limeña



Chicha Morada



Anticuchos

Ica



Carapulcra y Sopa Seca



Picante de Pallares



Frejol Colado



Vino

Trujillo



Sopa Teóloga



Shambar



Sierra



• Tourist places

Cusco



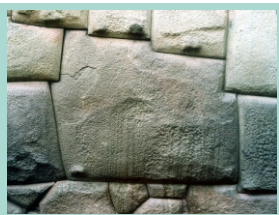
Machu Picchu



Main Square



Coricancha - Temple of the sun



Stone of Twelve Angles

Puno



Puno Cathedral



Pino Park



Titicaca lake



The Uros

Ayacucho



Main Square



Huanta viewpoint



Pampa de la Quinua



Vilcashuamán



Wari



Huancaraylla



Catedral de Ayacucho



Mirador de Acuchimay

• Traditional celebrations and dances

Cusco



Inti Raymi



Valicha

Puno



Feast of the Virgin of La Candelaria



The Diablada

Ayacucho



Ayacuchano Carnival



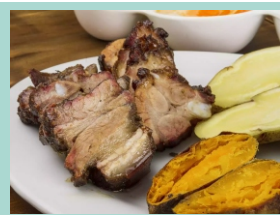
Holy Week

• Gastronomy

Cusco



Chiri Uchu



Chancho al Horno

Puno



Pesque de Quinua



Trucha Frita

Ayacucho



Caldo de Mondongo



Hapchi o Qapchi



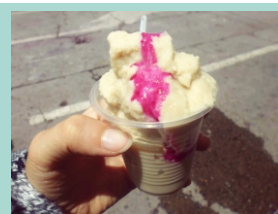
Puca Picante



Cuy Chactado



Chapla



Muyuchi



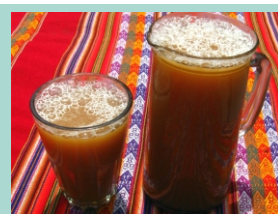
Pachamanca



Adobo Ayacuchano



Patachi



Chicha de Jora



Jungle



- Tourist places

Iquitos



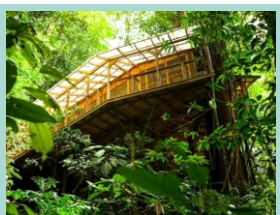
Monkey Island



Iron House



Belén Neighborhood



Pilpintuwasi Butterfly Farm

- Traditional celebrations and dances

Iquitos



Danza Buri Buri



San Pedro and San Juan

- Gastronomy

Iquitos



Tacacho



Juane



VI. Applications that will improve your stay during the SEP

Delivery

Glovo (Lima some districts)
Rappi (Lima some districts)
Uber eats (Lima some districts)



Transport

- Bus: There are different lines. And it is very popular due to its low price.
- Taxi: In Lima and in the provinces, you can use UBER, which is an APP that offers a technological platform to search for safe trips and reliable drivers, and only in Lima can you use BEAT, which is another APP.
- Metropolitano: It is a transport that is only in Lima, for access to it is necessary to acquire a card that is obtained at the central station and terminals.
- Train: It is transport that is only in Lima, for access it is necessary to acquire a card that is obtained in most of its stations.



Emergency

Main emergency numbers nationwide.

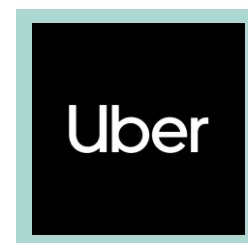


- Police Station: 105
- EsSalud nationwide for information on coronaviruses (COVID-19): 107
- Infosalud: 113
- Civil defense: 115
- Firefighters: 116
- Red Cross: 01 266 0481
- Mobile Emergency Medical Care System (SAMU): 106

Main emergency numbers in Lima

- Medical Alert: 01 261 0502
- Medical Code: 01 265 8783
- Mobile Emergency Medical Care System (SAMU): 106
- EsSalud ambulances in Lima: 117
- Municipal police force in Lima (Depends on the district you are in)

<https://www.gob.pe/547-unidad-de-innovacion-laboratorio-51-telefonos-de-emergencia>



VII. Recommendations

Type of currency and places of exchange

Changing money on the streets is not safe and there is a high risk of receiving counterfeit bills. We recommend making the change to “soles” at your home airport or at the exchange offices of Jorge Chávez Airport.

Weather

For the coast (Lima, Ica)

From January to the fortnight of April, the heat is incredible. Light and cool clothing is recommended, as well as a cap, sunglasses and plenty of sunscreen. To stay hydrated, bring a bottle of water with you.

From May to September, the weather is humid, cold, and drizzles. Warm clothing is recommended, as well as jackets and raincoats. In December the heat begins again.

For the Peruvian highlands(Cusco)

The days in Cusco are very sunny and the nights can be very cold. We recommend bringing warm clothing, sun protection (hat, sunscreen, glasses), repellent, and plenty of water. Although there is a rainy season (November to March), it can rain at any time of the year. For this reason, you should also bring waterproof clothing, an umbrella and footwear that allows you to walk safely on wet and slippery surfaces.

For the jungle (Iquitos)

The days in Iquitos are very hot, but with heavy rains. It is recommended to come with light clothing and a raincoat. Likewise, the use of repellent will be very frequent and the vaccine against yellow fever.

Travel budget

Ica

- Transportation (per day)
 - 10 soles
- Food (per day)
 - 20 soles
- Hotel accommodation (per day)
 - 30 soles

Cusco, Ayacucho y Puno

- Transport:
 - Bus fare: 0.8 cents
 - Taxi: 5 to 10 soles
- Feeding
 - Breakfast: 2 to 7 soles
 - Lunch: 6 to 10 soles
 - Dinner: 6 to 10 soles

Lima

- Transport:
 - Bus ticket: from 1 to 3 soles
 - Taxi: it depends a lot on the destination, I can cost up to 35 soles
- Feeding
 - Breakfast: 2 to 7 soles
 - Lunch: 8 to 15 soles
 - Dinner: 6 to 15 soles

Iquitos

- Transport:
 - Bus ticket: from 1 to 3 soles
 - Taxi: it depends a lot on the destination, I can cost up to 10 soles
- Feeding
 - Breakfast: 2 to 5 soles
 - Lunch: 8 to 10 soles
 - Dinner: 6 to 10 soles

VIII. Testimonials

Katherine Durán Herrera CR, FECOEF (2020)

Hello, my name is Katherine Durán Herrera, I belong to FECOEF and in 2020 I was in Peru doing my SEP.

In Perú I visited 2 hospitals in Lima and one in Cusco, in addition, I have the opportunity to participate in different talks and classes. I really liked the hospital because it is my favorite area and I was able to share with guys who study pharmacy in Peru, also with pharmaceutical chemists, this greatly enriched the knowledge about my career.

I invite you to do the SEP in Perú because their people receive you with great hospitality and you will feel like home, they also made that your SEP becomes a great adventure.

Peru has many beautiful tourist places that you can visit during the SEP and this makes an incredible experience.

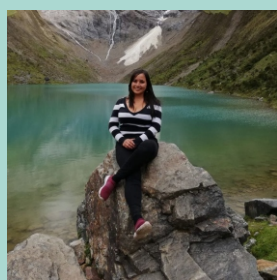
Sebastián Villalobos CR, FECOEF

Hello, my name is Sebastián Villalobos. I am a pharmacy student at the University of Costa Rica.

I did the WINTER-SEP thanks to APEFyB and FECOEF. Last February I spent 18 days there, specifically in Trujillo doing my internship at the highly complex Hospital Virgen de la Puerta and to be the first time I have gone out of my country it was a wonderful experience, I learned a lot about the culture, the food, dances, and life in Trujillo. It was an incredible experience and what I appreciate most was meeting all those wonderful people.

Sofia Trichkova BPhSA, BG (Summer SEP 2018-2019)

Hi, my name is Sofia, I'm from BPhSA, Bulgaria. Last year I went to Peru to do my SEP. I spent 2 weeks in Trujillo and had the opportunity to work in a research laboratory at the National University of Trujillo. Also, I visited Lima and Cusco. But what I liked the most about the country was the nature and biodiversity of medicinal plants. I recommend doing SEP in Peru, because SEP is a unique, cultural, and professional experience.



IX. How to apply to SEP Peru

1. Contact your home SEO or LEO.
2. Ask about the pre-selection process, when to register and apply on the SEP database.
3. Register on the SEP database.
4. If your home SEO confirmed your account, create and fill out the AF.
5. If you would like to, edit your application.
6. Submit your application.
7. Check on the status of your AF frequently during the whole SEP year.

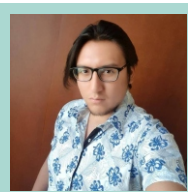
- **NONE:** Nobody but you can see your AF. You can keep doing changes in it. You can submit the AF (status -> SUBMITTED).
- **SUBMITTED:** The SEO of your home country can see your AF too. He can't change anything in it. The SEO can unsubmit the AF (status -> NONE) or can approve it (status -> APPROVED). For approval you need to pay the SEP Fee (see below).
- **APPROVED:** The three SEOs of the countries you are applying for (host SEOs) can see your AF too. They can give your AF to potential host pharmacists in their country. They can't make changes in it. Anyone of the three host SEOs can mark your AF as reserved (status -> RESERVED).
- **RESERVED:** One of the host SEOs is willing to host you and is

organizing details of the exchange, for example, the accommodation; host SEOs can mark AF as RESERVED after January 15th. The other two hosts can't see your AF anymore. You should discuss and eventually agree with the host SEO on the conditions of the exchange. He can place you (status -> PLACED) or unreserve 1 your AF (status -> NOT INTERESTED).

- **SUCCESSFUL:** Your exchange was a success, everything took place according to the conditions 2 (e.g. a minimum 40 hours per exchange). Now you can fill out an evaluation form in the SEP database. After this, you get your certificate for the exchange.
 - **UNSUCCESSFUL:** Your exchange didn't work out because you or the host SEO didn't stick to the agreed conditions. You will not get a certificate for the exchange. Furthermore, punishments for or from your home association may be the consequence 3.
8. If your AF is reserved, stay in contact with the host SEO, agree on the conditions of the exchange and wait for your AF to be placed on the SEP database.
 9. Enjoy your exchange with SEP!

X. SEP APEFYB Peruvian Team

SEO APEFYB

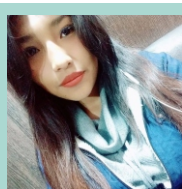


Hugo Franco Napán Rodríguez

Universidad Nacional Mayor de San Marcos

e-mail: seo.apefyb@gmail.com

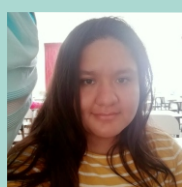
LEOS



Jhenieffer Melanie Choquehuanca Mollocondo

Universidad Andina Néstor Cáceres Velasquez

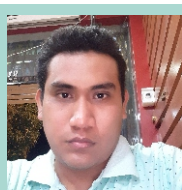
e-mail: leo1.apefyb.uancv@gmail.com



Kattia Janet Ortiz Díaz

Universidad María Auxiliadora

e-mail: leo.apefyb.uma1@gmail.com



Jerry Maytahuari Panduro

Universidad Nacional de la Amazonía Peruana

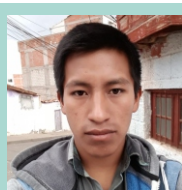
e-mail: localexchangeofficer.unap.apefyb@gmail.com



Estefania Poggi Chacaltana

Universidad Nacional San Luis Gonzaga de Ica

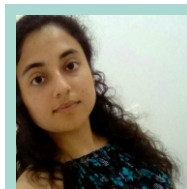
e-mail: leo.apefyb.unica@gmail.com



Americo Ttito Ccolque

Universidad Nacional de San Antonio Abad del Cusco

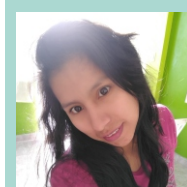
e-mail: leoapefyb.unsaac@gmail.com



Azucena de Fátima Luna Montoya

Universidad Nacional Mayor de San Marcos

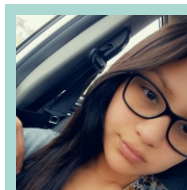
e-mail: leo.apefyb.unmsm@gmail.com



Candy Emily Curi Mejia

Universidad Nacional de San Cristóbal de Huamanga

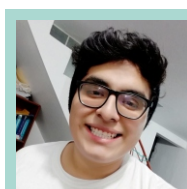
e-mail: leo.apefyb.unsch@gmail.com



Katerin Estefany Corrales Asipali

Universidad Norbert Wiener

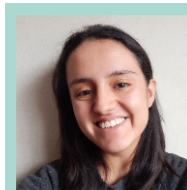
e-mail: leo.apefyb.upnw@gmail.com



José Alberto Carrillo Castillo

Universidad Nacional de Trujillo

e-mail: leo.apefybunt1@gmail.com



Rubí Crystal Calderón Jacinto

Universidad Peruana Cayetano Heredia

e-mail: leo1.apefyb.upch@gmail.com



 www.facebook.com/SEPinPeru

 www.instagram.com/sep.peru/



International
Pharmaceutical
Students' Federation



A P E F Y B
ASOCIACIÓN PERUANA DE ESTUDIANTES
DE FARMACIA Y BIOQUÍMICA

