

Alison is a psychology student at Bucknell University and her passion for mental health and traveling brought her to United Planet.

As a psychology student, Alison took the opportunity to volunteer with United Planet as a way to broaden her global perspective on mental healthcare.. Alison embarked on a two-month journey of immersion in a Global Mental Healthcare project, as well as in the beautiful scenery and captivating history of Peru. Here's her take on volunteering in Peru:

"This was my first experience in South America, and it was incredibly eye-opening. I went into this experience not knowing what to expect, but ready to lean into the discomfort of being in a new environment. I worked at Aldea Infantil, an orphanage for children under the age of 18, and learned so much about childcare, healthcare, and community.

Not only did my experience in Peru allow me to grow professionally, it also allowed me to grow as an individual, as I was constantly challenged in ways that I have never experienced before. I had to learn a new language, become accustomed to a new environment, live comfortably in an altitude much higher than my home environment, live with a Peruvian family and find the balance between personal independence and being part of a communal household, and so much more.

Throughout my time in Peru I was also able to have the opportunity to explore the beautiful landscapes and learn about the rich history of the Incan empire. The history in Peru is some of the richest in the world, and getting to see archaeological sites and ancient ruins amidst the most beautiful mountains and hills almost every weekend is something that I did not take for granted, and something that I will never forget.

My experience was enriched by getting to meet some of the most incredible people that I have ever had the pleasure of knowing. My closest friends were people from all over the world, and of various ages. I would have never gotten to know these wonderful people in any other circumstance, but they allowed me to learn so much about their own cultures and life experiences, while simultaneously going through this journey in Peru together.

I cannot adequately put into words the impact that my two months in Peru had on me, and I know that I will return to my second home in Cusco someday in the future.

1) Let's recapitulate ! Lisez attentivement le texte pour pouvoir compléter les blancs correctement et ainsi le résumer.

Alison has been to _____
She has worked with _____
She has learned a new _____
She has lived with a Peruvian _____
She has seen beautiful _____
She has learnt about Peruvian _____
She spent _____ months there.
She has met amazing _____.
She has _____ because of this experience.

2) Re- order the following words to make logical sentences (be careful and cross the odd one out (= l'intrus)!)

Alison/ last year/ travelled/ to/ has/ some/ do/
volunteering.

Alison/ become/ became/ friends/ has/ locals/ with.

Alison/ worked/ Peru/ in / has/ orphans/ with/ was/ when/
she.

3) **Vocabulary search: Match the right word with the right definition**

A place where children live without their parents

Get used to doing things

Get conscious of new things

Places you like take pictures of when you visit a country

Appreciate everything without thinking it's normal to have it

"I didn't take it for granted"

"beautiful landscapes"

"orphanage"

"eye- opening"

"being accustomed"

4) **Now, choose the question corresponding to Alison's answer.**

- Have you been to other countries?	Yes, I have.
- Did you go to other countries	
- Have you bought any souvenirs?	No, I didn't.
- Did you buy any souvenirs?	
- Have you come back?	Yes, I will.
- Will you come back?	