



*Andes of South America*  
Culture Kit

**SIM**



## *SIM Purpose Statement*

Convinced that no one should live and die without hearing God's good news, we believe that He has called us to make disciples of the Lord Jesus Christ in communities where He is least known.

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# ◆ Contents



◆ 2

CULTURE KIT  
INTRODUCTION

---

◆ 3

ANDES REGION  
INFORMATION PAGES

---

◆ 17

SHARING HOPE: FAMILY  
ENGAGEMENT IDEAS

---

◆ 18

PRAY FOR THE  
ANDES REGION

---

◆ 19

CRAFT PAGES

---

◆ 22

STUDENT ACTIVITY  
PAGES

# ◇ Andes Region of South America



## *Dear Teacher or Parent*

Thank you for your interest in teaching children about missions! This kit is designed to introduce children to the beautiful diversity in our world, hoping that they might develop a passion to cross barriers and love people living and dying without Jesus.

## *Learn*

This kit contains information about the Andes Region of South America as well as activity pages, games, craft ideas and visual aids. This resource will work in family settings or larger groups such as Sunday School or VBS. For many of the sections there are corresponding activities or crafts. Look through the whole kit before you begin to make sure you have materials you need for the activities you decide to use. The information is broken up into small chunks, so you can choose what you want to share or use it as unit study over a longer period of time.

## *Inspire*

Encourage children to follow Jesus' command to make disciples of all nations by praying for people who don't yet know Him in South America. Brainstorm creative ways to join in the Great Commission with the children. Remind them that anyone who loves Jesus can share His Good News with the people around them.

## *Matthew 28:19-20*

*"Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."*

# ◇ Where is the Andes Region?



## South American Andes

The Andes Mountains, *Cordillera de los Andes* in Spanish, are the longest continental mountain range in the world. The mountain range has an average height of about 4,000m (13,000ft), extending from north to south through seven South American countries: Venezuela, Colombia, Ecuador, Peru, Bolivia, Chile and Argentina.

# ◇ Andes Mountains



## *Fascinating Facts*

The Andes Mountains are the highest mountain range outside of Asia, and they are also the source of the Amazon river. Because of the Earth's rotation, there's a bulge in the equator region, making the peak of Chimborazo in the Ecuadorian Andes the furthest point on Earth's surface from the center of the Earth. The world's highest volcanoes are also found in the Andes, including Ojos del Salado on the Chile-Argentina border with an elevation of over 22,000 feet. The Andes are also part of what's known as the western backbone, or the American Cordillera, a chain of mountain ranges that form an almost continuous chain of mountains through North America, Central America, South America and Antarctica.

## *Rainbow Mountain*

Vinicunca, also called Rainbow Mountain, is a brilliantly coloured mountain found in the Peruvian Andes. Mineral deposits form brilliant bands of 7 different colours, all relating to minerals found in the region.

## *Climate*

The Andes mountains essentially form a large wall between the Pacific Ocean and the rest of South America, so it dramatically affects the climate. The northern part of the Andes is rainy and warm. In the west the climate is warm and dry particularly around the Atacama Desert in northern Chile. The mountains prevent most rain from entering Argentina, which therefore has extremely dry weather.

# Language



## South American Languages

If you visit the Andes in South America, the first language you'll hear is likely Spanish. Spanish is the official language of all the countries on the western side of South America. In South America, Central America and the Antilles, there are around 600 **indigenous** languages.

## Runa Simi

Quechuan languages are the most widely spoken of any indigenous languages in South America. In Peru, 25% of the people speak a Quechuan language, with a total of 8-10 million Quechua speakers spread across the Andes region. The Quechua call their language *Runa Simi* meaning the language of the people. Quechua people call themselves Runa, "the people."

## Quechua History

The origin of the Quechua languages is unknown, but some scholars believe it dates back to 2,600 BC. Sometime during the 1400s AD the **Incas** conquered many of the **tribal** people of South America and forced them into service to the Inca Empire. The Inca kings made Quechua their official language. Although Quechua continued to be spoken after the **Spanish conquistadors** conquered the Incas in 1534, the Quechuan languages were spoken by fewer and fewer people over the centuries.

## English

one  
two  
three  
four  
five

## Spanish

uno  
dos  
tres  
cuatro  
cinco

## Quechua

huk  
iskay  
kinsa  
tawa  
pisqa

# History



## *Incan Empire*

While little is known about the indigenous people before the Incas, it is believed their lives changed little during the 100 years of Inca Empire. Most indigenous peoples of South America were farmers or herders who lived communal lives. Family groups would live near one another to help with the work of farming and caring for the animals.

## *Spanish Conquistadors*

When Spanish conquistadors conquered the Incan Empire, life changed a lot for the indigenous peoples of South America. The Spaniards brought diseases, such as smallpox, that sadly killed many in the Inca Empire. The impressive and advanced system of terracing and canals came into disrepair as the Spanish forced people away from their traditional lands into mines or farming European crops. Much of the wisdom of the ancient farming practices was lost and is only recently being researched and restored.

## *Ancient Farming Tradition*

Today many of the Andes Mountain People still live the way they have for centuries. **Subsistence farmers** raise a variety of potatoes, quinoa, beans, barley, and maize (corn). Over 4,000 native varieties of potatoes grow in the Andes highlands of Peru, Bolivia, and Ecuador. Along with these crops, llama herds are raised as work animals and alpaca are raised for their wool and meat. Corn grown in the lower elevations are often traded for the potatoes of the highlands.

## ◇ Andean Innovation



### Hand Looms

Weaving is an important part of culture in the Andes Mountains. Women from both the highlands and the lower elevations continue to produce beautifully woven, bright cloth that is famous throughout the Andes. The intricate patterns are handed down from generation to generation.

### Weaving Process

Every part of the weaving process is done completely by hand. It starts with preparing the sheep or alpaca wool. While llamas also are sheared for their wool, the alpaca wool is softer and considered better for weaving. Once the wool is obtained it must be washed and spun into thread on a drop-spindle. Once the wool is spun, it is dyed using local plants producing a wide variety of brilliant colours. Most woven products take a week to 10 days to complete from start to finish. The pattern of these masterpieces often tell a story.

### Ancient Freeze Drying

Ancient Quechua potato growers developed a method of freeze drying potatoes, called *ch'uñu* in Quechua, thousands of years before modern technology made it possible in other parts of the world. Today this method is still used. Because of the extreme high altitudes of the Andes mountains, the night temperatures in the winter months drop very low. The potatoes are exposed to the frigid night-time temperature and the hot sun during the day creating the perfect conditions for the freeze drying process. This 5-day process preserves the potatoes for use years later during times of famine or draught.

# ◇ Clothing



## Men

Due to the cold climate high in the Andes mountains, people dress in layers and wear hats to preserve body heat. Nearly all men and boys wear a red, hand-woven poncho. The designs on these ponchos are distinct to each district. *Ch'ullu*, a knitted cap with ear flaps, are commonly worn to keep warm. A child's first *ch'ullu* is usually knitted by their father. A felt sombrero with a *centillo* (decorative hat band) is sometimes worn over the *ch'ullu*. A *chumpi*, or woven belt, is worn by both men and women to hold up their trousers or skirts as well as for back support when carrying a heavy load or securing a swaddled infant.

## Women

Women wear multiple layers of skirts called *polleras*. Typically, 3 to 4 skirts are worn at one time but on special occasions, up to 15 may be worn. A woven shoulder cloth or *lliklla* is worn and fastened in the front with a safety pin or decorative pin. They are very durable but offer little protection from the cold.

## Ojotas

*Ojotas*, or sandals, are a traditional shoe made using recycled tyres or rubber and ingenuity. These sandals were worn by a large portion of the Andean population but in recent years footwear has migrated more toward international fashion. Because *ojotas* are durable and last a long time, people still wear them in the Andes region especially for work in agriculture and livestock.

Weaving Video: [PeruGuide.com](https://www.youtube.com/watch?v=pQTiNn7a2MU)  
<https://www.youtube.com/watch?v=pQTiNn7a2MU>

## ◇ Food



### Potatoes

As mentioned before, the people of the Andes Region are creative and skilled at growing and preserving crops under difficult circumstances. Over 4,000 different varieties of potatoes are grown in the Andes mountains. Due to the abundance of this starchy vegetable, many dishes incorporate potatoes.

### Quinoa

Quinoa, the tiny seed of the amaranth plant, originated in the Andes region of South America. It has been an important crop there for centuries. Recently its unique taste and high nutritional value has caught the attention of the world. Quinoa is very high in protein and fibre.

### Jerky

*Ch'arki* (the origin of the English word jerky) is a dried and sometimes salted meat. It was traditionally made from llama meat that was sun- and freeze-dried in the Andean sun and cold nights, but is now also often made from horse and beef, with variations among different countries. Guinea pigs are sometimes raised for meat as well.

### Pachamanca

*Pachamanca*, which is a Quechua word for a pit cooking technique used in Peru, includes meat, vegetables, beans, seasonings and sometimes cheese in a small pot or tamales.

# ◇ Papas Rellenas (Stuffed Potatoes) Recipe



## Ingredients

2 ¼ lbs. potatoes  
1 fresh egg  
3 hard-boiled eggs  
1 cup onions, finely chopped  
2 cloves garlic, minced  
6 T cooking oil  
1 tsp. paprika  
1lb. ground beef  
1/4 cup golden raisins  
6 stuffed green olives, cut in fourths  
½ cup tomatoes, peeled, seeded, and diced  
1 tsp. fresh parsley, chopped  
1 tsp. cilantro (coriander), finely chopped  
Flour for rolling

## Instructions

Boil the potatoes until soft, about 20 minutes. Cool slightly and peel. Mash them well and let cool to room temperature. Blend in 1 egg with your hands and knead until a dough is formed. Heat 2 to 3 tablespoons of the oil in a sauce pan over medium heat and cook the onions and garlic until caramelised and golden, about 5 to 7 minutes. Add ground beef and tomatoes. Cook 5 minutes breaking up clumps with a wooden spoon. Add olives, raisins, chopped hard-boiled eggs, parsley, and cilantro. Stir well. Season with salt, pepper and paprika. (Remember that the olives will be salty so don't over salt the mixture.) Take a handful of the potatoes (about ¾ C) and flatten in your hand. Place about 2 tablespoons of the meat mixture in the centre of the potatoes. Pinch edges together making an oval shape. Lightly roll in flour and set aside. Repeat until all the potatoes and filling are used. Refrigerate about 20 minutes. Heat the remainder of the oil in a large skillet. Cook the papas rellenas in the oil, turning so that all sides are evenly brown. Drain on paper towel. Serve with Aji sauce (found in the international foods aisle at Walmart.)

# ◇ Quinoa Atamalada



## Ingredients

1 T cooking oil  
½ onion, chopped  
1 clove garlic, minced  
2 tsp. Aji paste (see above recipe)  
1 cup quinoa  
1 cup water  
salt & pepper  
¼ cup evaporated milk  
½ cup white cheese (Cojita), cubed  
2 T fresh parsley, chopped

## Instructions

Heat oil in a medium saucepan. Saute onion, garlic, and aji paste 3 to 5 minutes on medium heat. Stir frequently. Add quinoa, stir well and cover with water. Simmer ½ hour adding more water as needed. It should be the consistency of thick soup. Cook the quinoa until it is soft and clear and you can see the germ of the kernel, which looks like a small ring. Stir in salt and pepper to taste, milk, cheese, and parsley. Peruvians often eat this dish with a side of rice.

# ◇ Religion



## *Animism*

Indigenous peoples in the Andes Mountains are often **animists**. They believe that various spirits inhabit the earth and must be kept happy by making sacrifices. Living and farming in the mountainous regions, people particularly fear “Apu” the spirit of the mountains. The bigger the mountain the stronger the “Apu.” “Pachamama,” the spirit of the land, receives special sacrifices by farmers who rely on the soil to produce food.

## *Adopted Rituals*

When the Spanish entered South America they brought the European religion of Catholicism with them and imposed it on the indigenous peoples. People adopted some of the **rituals** of the Catholic church but did not change their **worldview** and continued to sacrifice to the spirits. Today, religious practice is a blend Roman Catholic and traditional animistic beliefs. One example of this is the Cambewarra villagers who take a yearly pilgrimage to the sanctuary of Señor de Quyllurit'i. It is believed that a miraculous sighting of Christ took place there and that the pilgrimage and sacrifice will assure a prosperous year for the families of the village.

## *Real Transformation*

Throughout history people in power have forced other people to follow specific religions, like the Spanish people in South America. But only Jesus can transform people's hearts and lives. He is gentle and patient with people as the Holy Spirit convinces people of the truth.

*Tribal/Animistic Worldview: [world-views.com](http://world-views.com)  
<https://world-views.com/tribal-video/>*

## ◇ Famous Andes



### *Machu Picchu*

Machu Picchu is one of the most popular tourist attractions in all of South America. The ancient Inca **citadel** dates back to the 15th century. Sitting atop a 2,430-meter elevation ridge, it was missed during the decimation of the Spaniards when looking for gold. It is the only remaining, well-preserved record of the Inca civilization. With annual visitors of over 400,000 people, it brings in a great deal of revenue to the Peruvian economy as well as being one of the greatest archaeological sites in the world.

### *Salar de Uyuni*

Found in Bolivia, Salar de Uyuni is the world's largest salt flat. The 10,000 square kilometre area is covered by a few meters of salt crust, stretching out nearly completely flat in all directions. When it rains, a thin layer of completely calm, crystal-clear water forms, transforming the Salar de Uyuni into the world's largest mirror.

### *Atacama Desert*

The Atacama Desert, located in northern Chile and parts of Peru, Bolivia and Argentina, is the driest region on earth. There are even some areas where rainfall has never been recorded. The region's high altitude and lack of pollution make the Atacama Desert a beautiful place to enjoy the night sky.



## Vocabulary

**Animistic (animism):** The belief that supernatural spirits can inhabit everything. In animistic cultures people attribute good and evil to spirits that indwell or control plants, animals, inanimate objects, etc.

**Citadel:** A fortress that commands a city and is used in the control of the inhabitants and in defence during attack or siege.

**Incas:** A group of people originating in Peru who conquered the Andes region and ruled the largest pre-Columbian empire in South America from 1438 to 1532.

**Indigenous:** Originating in and characteristic of a particular region or country.

**Rituals:** A religious or solemn ceremony consisting of a series of actions performed according to a prescribed order.

**Spanish Conquistadors:** Essentially sanctioned pirates, their goal was to claim land and resources for their investors and conquer people of other lands for treasure and glory. The word conquistador comes from Spanish and means "he who conquers".

**Subsistence Farmers:** Those whose crops or livestock are nearly all used to maintain the farmer and the farmer's family, leaving little, if any, surplus for sale or trade.

**Tribal:** Relating to any group of people united by ties of descent from a common ancestor, a community of customs and traditions, adherence to the same leaders, etc.

**Worldview:** The collection of attitudes, values, stories and expectations about the world around us, which inform our every thought and action.



## Video Resources

**Weaving:** PeruGuide.com  
<https://www.youtube.com/watch?v=pQTiNn7a2MU>

**Tribal/Animistic Worldview:** World-views.com  
<https://world-views.com/tribal-video/>

**Pan Flute Background Music:** Best Relaxing Music YouTube Channel  
<https://www.youtube.com/watch?v=JoUGGQJ5-fU>

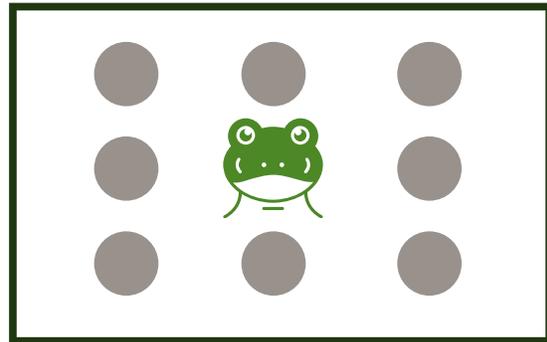
## ◇ Games



### *Sapo*

*Sapo*, which means toad in Spanish, is a game that dates back to the Incas. The legend says that the sons of the Inca kings would travel to Lake Titicaca and throw golden coins at the toads that lived around the lake. It was believed that if a toad caught one of the gold coins in its mouth, the thrower would instantly have their wish granted and the toad would turn into solid gold.

To play, draw a sapo board in chalk outside or use a piece of paper or a cardboard box. (See example below.) Mark a line at least 5' from the box. Have each child take turns standing behind the line and try to toss their coins into the frog's mouth. Have a prize for any child who is able to get their coin in the frog's mouth.



### *Stone Games*

Games similar to marbles or jacks are played using stones because stones are always available and cost nothing in the Andes. Children try to use their stone to capture other stones by knocking them out of their place. Children also try to capture other child's stones by catching them when they are tossed. Ask children to make up their own games using stones.

## ◇ Nixon: A Kid Like You



Nixon is an 8-year-old boy in a village called Pichihua that is high atop a mountain at about 13,000 ft. His parents farm potatoes just like his ancient Incan ancestors.

He wakes up every morning at 4am and says prayers with his father who is part of the new Christian church in their village. After this, he takes the family's sheep out to pasture. This means a big hike all the way up the hill to help the sheep find grass and water. His cousin, Jomonson is old enough and doesn't go to school anymore, so he stays up with the sheep while Nixon comes back to his house around 7am.

When he gets home, he eats the breakfast his mother made for him. As he eats the boiled potatoes, he peels off the skins and drops them on the floor for the guinea pigs to eat. No salt or other seasoning is added to the potato, that'd spoil the flavour! He also drinks a glass of *ulpada* made from milk, sugar, lima bean flour, and other grains.

After this it's time for school! While his village is on lockdown from Coronavirus, Nixon gets a phone call from his teacher in the big city who tells him which pages in his math, language and Peruvian history books to work on. His family got a free phone from the government just for school during lockdown! He finishes quickly and is back up the hill with the animals by 11am.

His day will continue like this, moving the animals around, coming down the hill to eat, but in the afternoon and evening he will relax and play with his friends. His village has lots of kids his age to play soccer and spin tops with. Nixon is a happy and healthy kid, grateful to his community and God for all the blessings he has.

*Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. Psalm 100:3-4*

## ◇ Sharing Hope



### *South American People*

South American cultures often place a big emphasis on community, so it's important to connect with your South American friend's whole family. South American cultures also often connect on a spiritual level through stories. Jesus was a master storyteller at heart. His parables are short stories that tell about God's Kingdom. When sharing Salvation with someone who doesn't yet know Jesus, it is important to tell about God's plan of redemption throughout the entire Bible not just the story of Jesus' death and resurrection. Encourage believing friends and those that don't yet follow God that Jesus came to conquer evil and that He gave us power to overcome the enemy.

### *Family Engagement Ideas*

- 1 *Build Relationships*  
Visit a nursing home, refugee centre, or homeless shelter with your parents. Begin building a relationship with someone you meet there. Ask them about their lives and what they believe about God.
- 2 *Share a Story*  
Share a story from the Bible that shows God's power over evil and his plan to rescue his people.
- 3 *Share a Story*  
Share a story from your life about a time God helped you overcome fear.

# ◇ Pray for Andes Mountain People



1

## *Freedom*

Pray that people will be set free from fear of spirits, and find freedom and protection in Christ.

2

## *Jesus Followers*

Pray for believers to share the Good News with the people of the Andes mountains.

3

## *Training*

Pray for local pastors and people providing training with the Andes Mountain people. Pray for more leaders to be trained and equipped to share the Good News and lead the people well.

4

## *Kids Like You*

Pray for children who don't yet know Jesus. Ask God to protect them and give them access to good education and the resources they need to thrive.

## Quechua Hats

Both men and women wear hats in the Quechua culture and you can tell a lot about a person by what kind of hat they wear. *Montera* is Quechua for a woman's hat, which usually indicates the social status of the woman. The *sang'apa* is the strap that ties under the chin to hold the hat in place. It is often decorated with beads. The *cholita* (bowler hat) style is more typical of the Bolivian Quechua women. White hats indicate a merchant and are usually found in the cities.

### You'll need:

Paper plates	Scissors
Colourful fabric	Thread & Needle
Wide ribbon	Hot glue gun
Beads/Sequins	

Using paper plates, colourful fabrics, wide ribbon and sequins or beads let each child make their own Quechua hat. Cut two slits in the paper plate about 3" apart and a little larger than the width of the ribbon. Cut about 24" of ribbon or more as needed for each hat. Thread the ribbon through the slits and make the tails even. Cut out a 24"x24" square of a solid colour fabric. Fringe the edges by pulling the thread. Cut another piece of fabric (a colourful print or a different solid) into a 12"x12" square. Centre the larger fabric on the paper plate with the tails of the ribbon hanging down. Glue into place. Centre the smaller fabric on the other fabric and glue in place. Attach beads or sequins to the ribbon with thread and needle or hot glue.



## Llama Art

Because llamas are such an important animal in the Andes Mountains, they are often depicted in their art. Whether it is a painting, sculpture, or woven masterpiece, llamas are usually surrounded by the brilliant colours of the Quechua textiles. During special celebrations llamas are adorned with colourful tassels or have a colourful blanket draped over their backs.

### *You'll need:*

Watercolour paper

Pencils

Watercolours

Paint Brushes

-OR-

Pastels

Hairspray

Have children draw a llama head on good quality watercolour paper. Using either watercolours or pastels have the students complete the llama. If using watercolours, allow the painting to dry before adding the background. If using pastels, spray the page with hairspray to help set the colour. Have the child carefully add a colourful, striped background with geometric shapes to resemble colourful Peruvian weaving. If using pastels, spray the picture again with hairspray to set the colour.



## Pan Flute

A pan flute, *zampoña*, is a popular instrument among the Quechua of the Andes mountains. They are usually made from reeds or bamboo. Each pipe gets its tone by the length it is cut and are easily carried on treks through the mountain passes. You may want to find a good video online that showcases the unique sound of the pan flute.

### You'll need:

Plastic straws  
Tape

Lay out 5 to 10 plastic straws in a row. Carefully tape them together near the top so they are all joined. Starting from the 2nd straw from the left, mark 2-5cm from the bottom, then mark 2-5cm from that mark on the next straw and so-on, so that the straws will be cut shorter and shorter as you go.

You might enjoy listening to pan flute music in the background as the kids work on their crafts.

Pan Flute Background Music:  
Best Relaxing Music YouTube Channel  
<https://www.youtube.com/watch?v=JoUGGQJ5-fU>



## Adobe House

Adobe bricks are common for building homes in South America. Adobe is compacted mud, mixed with straw and water and dried in the sun. Adobe is among the earliest building material known to man and used in many areas of the world.

### *You'll need:*

- Ice cube trays or small containers
- Plastic wrap
- Bowls for mixing
- Sticks for stirring
- Mud
- Water
- Straw

Line an ice cube tray or small containers with plastic wrap to make it easy to unmould (lift out) the bricks. Put a scoop of mud in the bowl and add a scoop of water. Add bits of straw to make it strong. Then stir with a stick. Mix and squeeze until it feels like soft clay. If it doesn't feel like clay, add more mud or straw. Next scoop and pat the mixture into the mould. Let the adobe bricks dry before asking the children to work together to build a house.

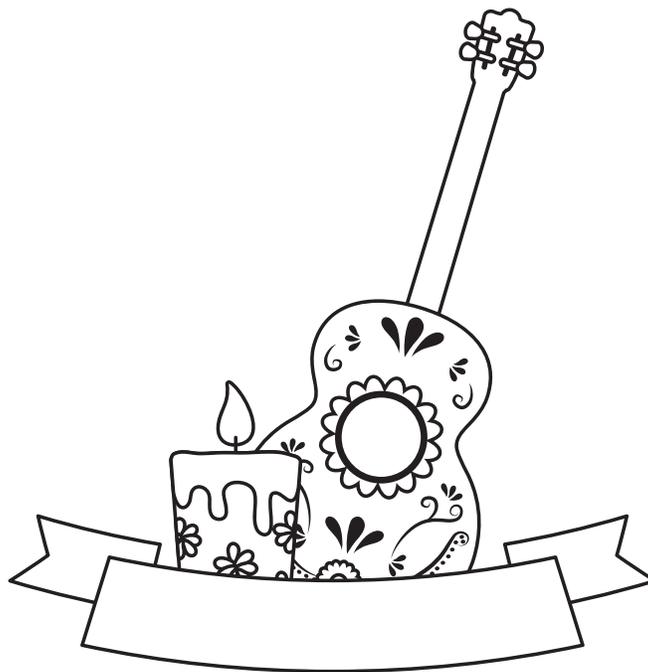




*Andes of South America*  
Culture Kit Student Pages

**SIM**

This book belongs to



# Find the Andes Region

Locate South America on the world map and trace it.  
Colour Ecuador, Peru, Bolivia, Chile, Colombia and Argentina.



# Peruvian Artist

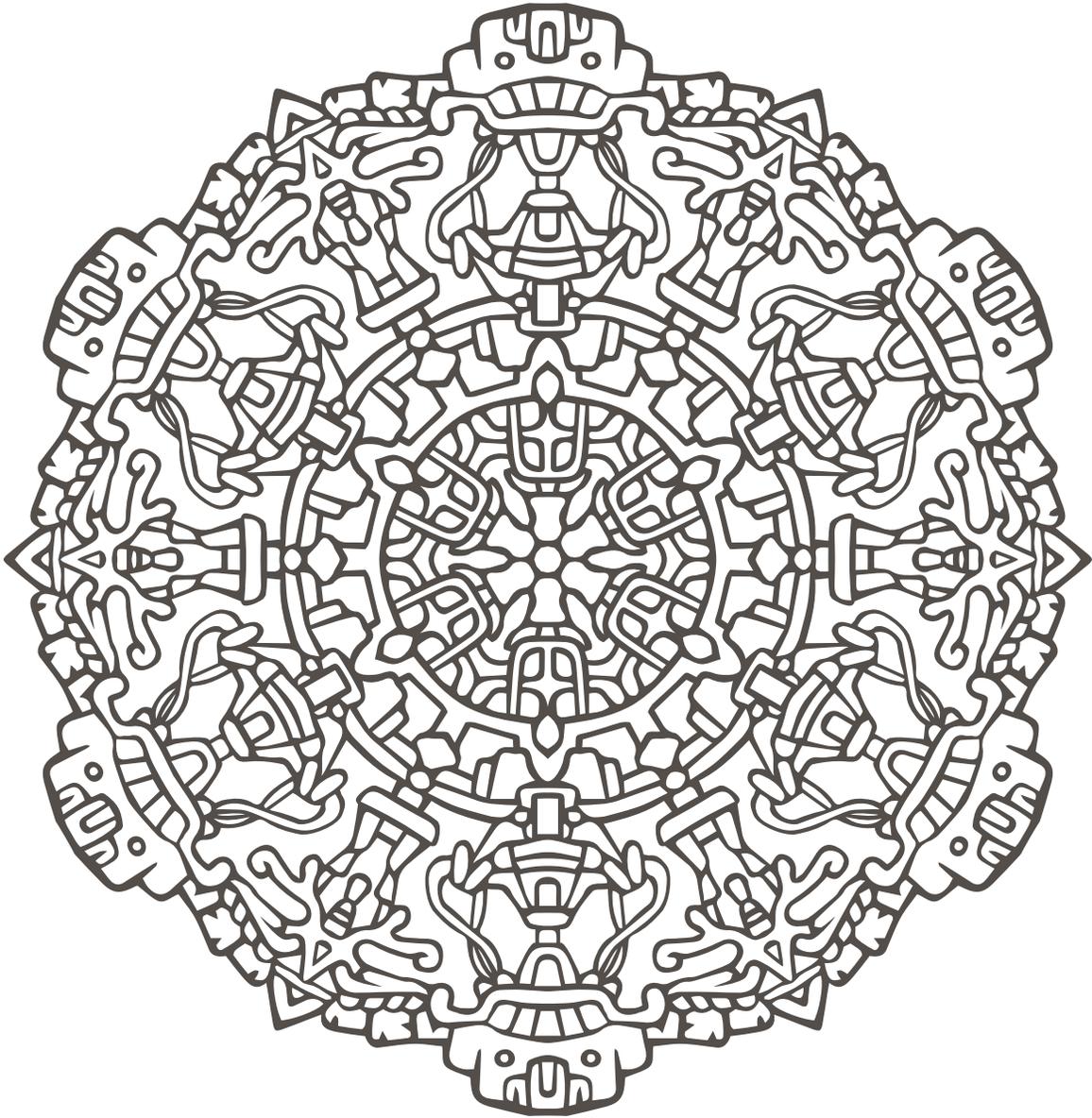
This artwork was created by a Peruvian artist  
for Bible story materials.



Elizabeth Talaverano González  
Abancay, Perú

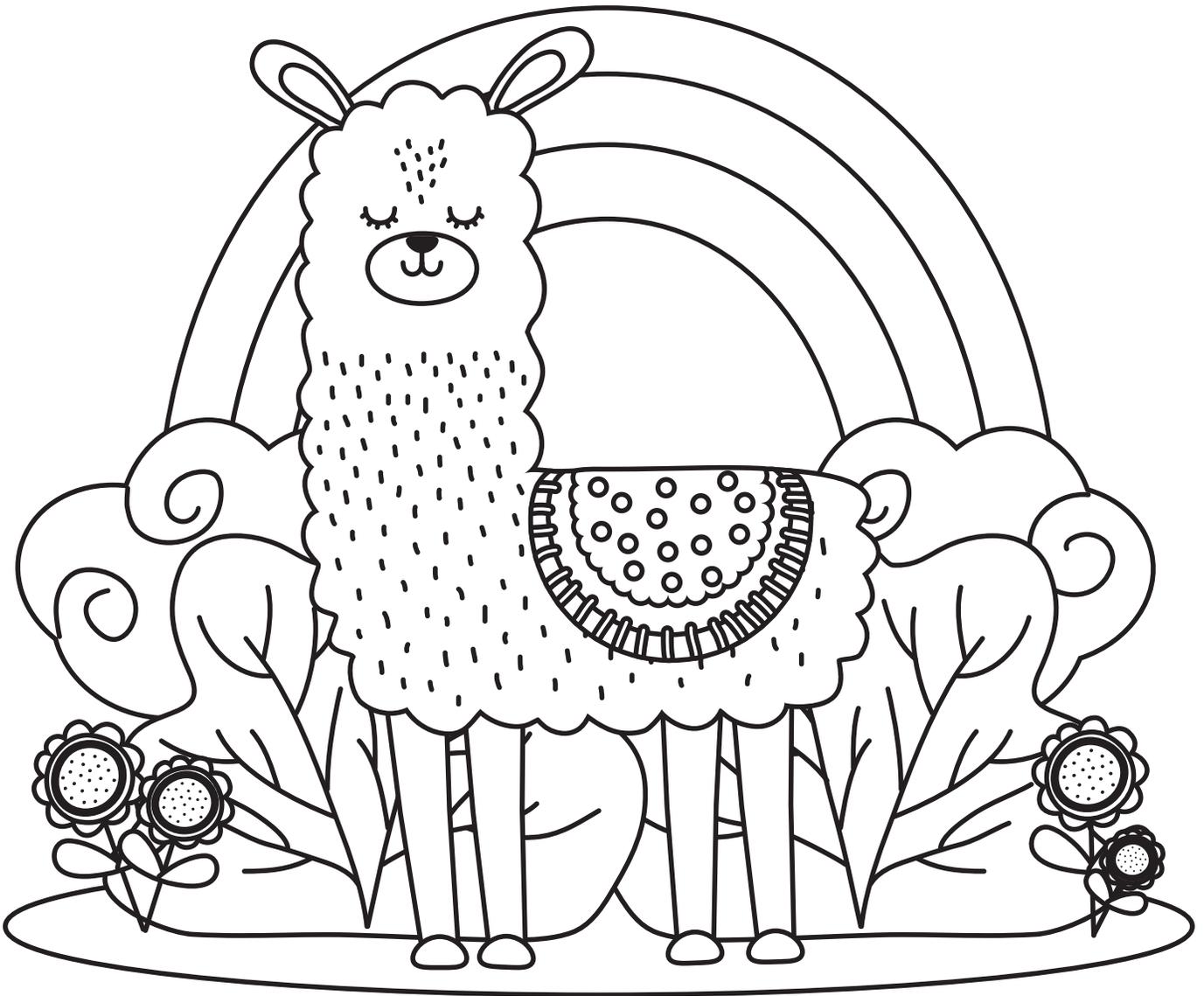
# Colouring Page

Incan design and architecture can still be seen in the Andes Mountain Region.  
Enjoy colouring this Incan style art.



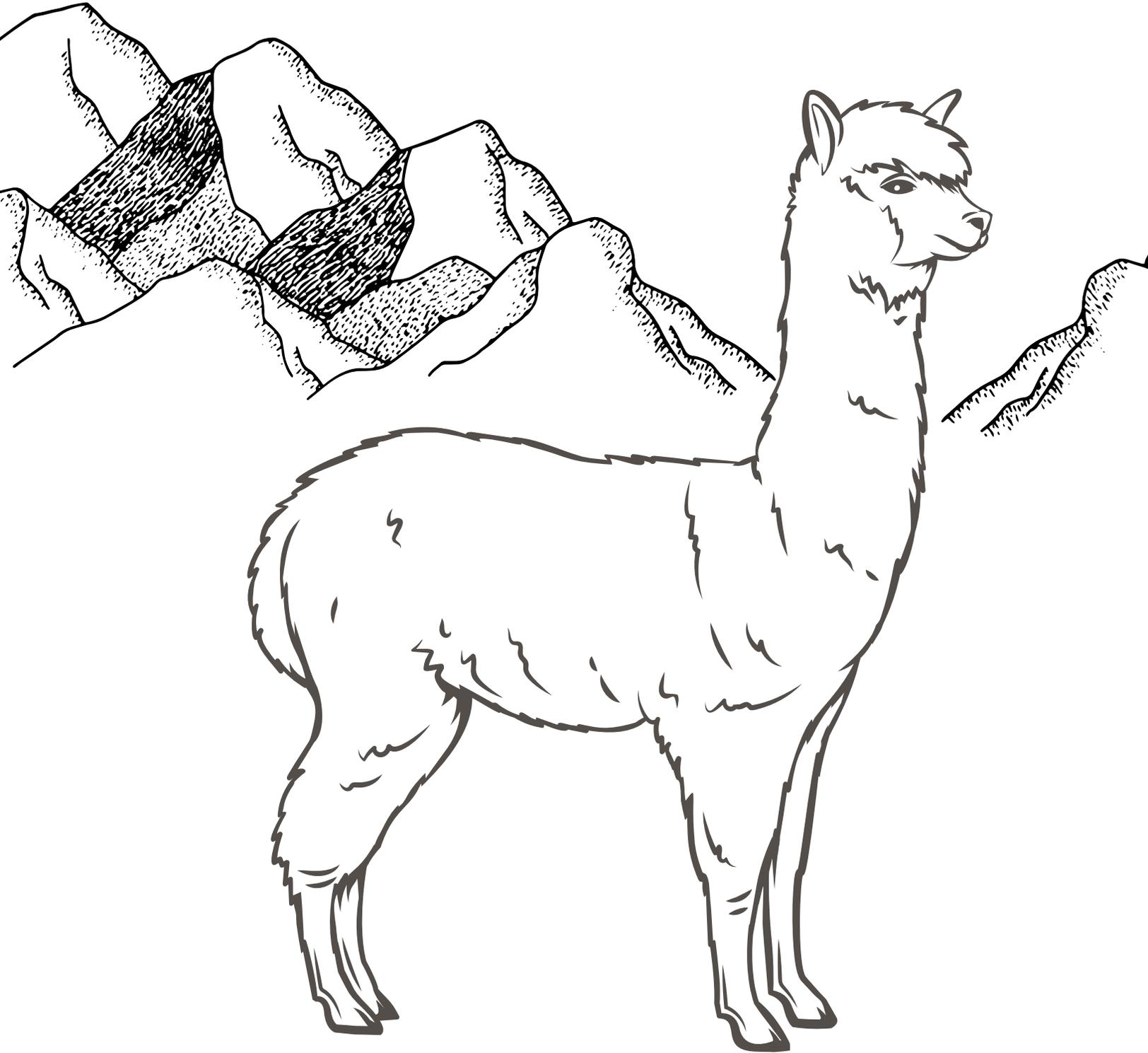
# Colouring Page

Llamas and Alpacas are an important part of life in the Andes Mountains. Colour this llama using brilliant colours like the woven art found in this region.

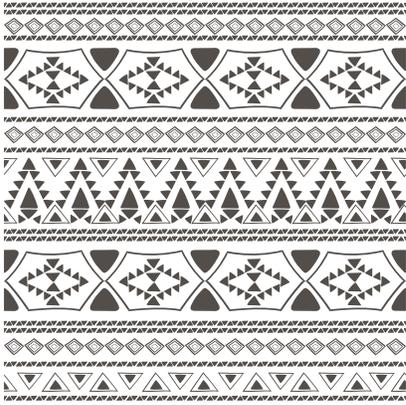


# Festival Design

For important celebrations, llamas are often decorated using brightly coloured blankets and tassels. Design some festive decoration for this llama.







# Design a Pattern

Intricate designs are part of Andes Mountain art and culture. Design your own geometric pattern below.



# Paper Doll

Colour these ponchos, vest, maracas and hat then cut them out and make a story with this paper doll boy.

