

GREENTREK Cia. Ltda.

Address: El Espectador E8-13 y Shyris. Edificio El Espectador. Oficina 203. Quito – Ecuador

Phone: +593-2-600-4954 - Mobile: +593-9-9258-8303 - US Phone: (312)-450-3176

www.greentrek.org/ volunteers@greentrek.org/ Skype: greentrektravel



Spanish immersion & Cloud forest conservation



1. Program overview

This trend-setting community deeply rooted in the traditions of its Yumbo ancestors, in the Ecuadorian Cloud Forest of the Andes Mountains, brims with exciting activities for adventurous travelers & offers a variety of important volunteer and learning opportunities, including a community grassroots reforestation program. This volunteer placement offers a tranquil environment to learn & improve your Spanish in a flexible schedule while at the same time you support the conservation initiatives of this beautiful community!

- Minimum time commitment: 1 week
- Spanish level recommended: Beginner

2. Life in the program

On this program you will be living with a local family - working and learning from them every day. The bonds you will create with the community and your host family in this incredible village are sure to create an unforgettable volunteer experience.

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3. Project details & activities

When you volunteer in the cloud forest of Ecuador with our partner community, you will work on grassroots environmental conservation and community development projects in a setting of incredible biodiversity and tranquility. In addition to everyday activities, such as milking cows and learning sustainable community organic farming practices, volunteer projects include:

- Community infrastructure development
- Farm work
- Reforestation
- Creating crafts in the artisan shop
- Helping in the school
- Teaching English

4. Things to see and do!

From swimming in waterfalls and going on bird watching excursions, to trips to the nearby cultural museum, and the Sunday afternoon discoteca in Pacto, this beautiful tiny community in the mountains offers exciting activities for the adventurous traveler.

With regular bus service, there are many easy day and weekend trips near this area. Unique and fascinating places like Mindo, Otavalo, and Cotopaxi can be visited during the weekends. You can also go on bike rides, horse rides & birdwatching activities at las Tolas during your stay.

5. Cost

One week:	USD 165
Two weeks:	USD 330
Three weeks:	USD 495
Four weeks:	USD 660
Five weeks:	USD 730
Six weeks:	USD 880
Seven weeks:	USD 1025
Eight weeks:	USD 1170

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If you wish to stay longer ask us for a quotation!

Spanish lessons have a cost of USD 3 per hour and are given by a certified local teacher, volunteers can decide upon their arrival how many hours per week they would like to have and the payment is done directly to the teacher.

There is a USD \$50 application fee that is valid for 18 months and you can apply to as many programs as you like without having to pay this again.

What is included

- Pre-departure support
- Arrival orientation(Monday thru Friday at 3 PM at our offices in Quito)
- Long term experienced staff
- Private room in a family household
- Three traditional Ecuadorian meals per day (upon your arrival to the community)
- Welcome meeting
- Location orientation
- All necessary project training by experienced staff
- 24-hour in-country support

What is not included

- Flights
- In country transportation
- Medical and travel insurance
- Visa costs
- Personal kit
- Additional drinks and gratuities
- Extra local excursions

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- Bike rides, horse rides & birdwatching activities can be requested on site at an extra cost
- International and domestic airport taxes
- Lodging outside the project

Suggested packing list

- Flashlight
- Binoculars
- Camera
- Raincoat
- Rainboots
- Layers for hot days and cool nights
- Comfortable shoes or mountain shoes
- Hat or beanie
- Bag or small knapsack to use in the field
- Bathing suit
- Sandals
- Insect Repellent
- Toiletries and personal products

Preparing for your Trip**Passport / Visa Requeriments**

Please note that you need a full valid passport. Some countries do not require a visa for Ecuador, please confirm this with the embassy. Upon entry you will be issued with a 3 month permit (at no cost). Make sure the correct date and length of stay in the country is entered onto your visa when at immigration. Longer-term visitors need to obtain a volunteer visa in their home country. We can help you sending you all the documents you required for paperwork.

Arrival / Departure Information

You need to fly to Quito international airport, and make your way to a hotel. Taxis from the airport to the center of Quito cost approximately US\$8. If you would like to have the transfer service and/or hotel reservations please contact us in order to arrange this for you. After arrival you have to attend an introduction meeting at our main offices in Quito. Introductory meetings are at 3pm Mondays through Fridays. During these meetings you will receive all the information you need to volunteer in the project. If you need to change this appointment time let us know in advance.

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(IMPORTANT NOTE: We kindly ask you to arrive in Ecuador at least a two days ahead of the start of your volunteer placement. Most projects WON'T receive volunteers on the weekends so please plan accordingly. Also remember you have one meeting with us at our offices, this happens at 3 PM Mondays thru Fridays.)

Direction to our Offices**Directions to our offices in Quito:**

Take the Ecovia (Red bus running along 6 de Diciembre Avenue) & get off at the Estadio Olimpico stop. Walk west in Naciones Unidas Avenue (towards the big mountain, Pichincha) and get to the corner of the Naciones Unidas and Shyris Avenue (on the corner of Quicentro Shopping Mall). Cross Shyris avenue; then walk two blocks north (to your right) in Shyris avenue until you reach El Espectador street. Look for a building with blue windows called El Espectador. We are on the second floor. Office 203

Our Address

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Finance

The Ecuadorian currency is the US Dollar. In general we recommend that you take travellers cheques or worldwide recognized credit cards instead of cash as your main source of money. Please be aware that you may have a maximum limit on cash withdrawal for your bank card in a single day, so it is advisable to come with most of the cash you'll need right away to avoid complications or delays in getting the cash you need.

Ecuador is a cheap country in which to live. A normal person's daily expenses (excluding room, laundry and board) range between US \$20 to US\$25. Urban public transport is US\$0.25 one-way regardless of distance.

Medical Information

High altitude, e.g. in Quito (2800 metres) can affect some people's health. You should check with your doctor if you have any doubts before you travel. If visiting Quito you are advised to take it easy for the first couple of days.

Health and Safety**Field Base safety**

All volunteers will be informed of the risks, health and safety procedures for the field on the arrival orientation. It is imperative that everyone both understands and respects them.

Volunteer safety

Look after your passport and take a separate photocopy with you. Do not wear jewelry or walk around areas outside with valuable items on display e.g. cameras. Do not carry large amounts

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of cash. In the unlikely event that you are targeted for your belongings, hand them over without resistance. If you are traveling in public transportation in Quito, always be aware of your belongings; put your backpack on your front instead of in the back. Be careful with your wallet and keep it in your front pocket. If you are taking taxis, be sure to get on an official taxi (yellow with orange plates).