



ME TO WE ECUADOR GROUP TRIP: 12 DAY SAMPLE ITINERARY*

One Woman One Girl

2019 TRIP SAMPLE ITINERARY

DAY 1: TRAVEL AND ARRIVAL IN ECUADOR

Your ME to WE adventure begins as you depart for Quito, Ecuador. Get ready to change the world!

DAY 2: EXPLORE OLD QUITO

Explore Quito's Historic Centre, a UNESCO World Heritage Site, on a guided walking tour, learning about Ecuador's colonial past and contemporary struggles. A short visit to the Equator and some experiments with gravity complete your day.

DAY 3: TRAVEL TO CHIMBORAZO PROVINCE

Travel high up into the Andes Mountains and get settled in your new accommodations where you'll stay for the next part of your trip.

DAYS 4 – 7:

Every day of your trip is made up of a combination of volunteering or building activities, unique cultural experiences and leadership skill building modules.

HIGHLIGHTS INCLUDE:

- **Building 101**
Make the most of your volunteering time in the community by taking part in a mandatory one-hour project building safety workshop.
- **Volunteer Project Building**
Depending on the community, day and time, your volunteering could range from building, to tree planting, to restoration—all projects that will help remove the barriers to education.
- **Leadership Module: Market Activity**
Take on the role of a local family, living on \$1 a day, as you explore a local market and try to purchase food to feed your family.

DAY 8: TRAVEL TO THE AMAZON

Head to the rainforest and ME to WE's beautiful Minga Lodge (where you'll meet Yolanda, the parrot)!

DAY 8 – 10:

Discover the Amazon, one of the world's most bio-diverse regions.

HIGHLIGHTS INCLUDE:

- **Jungle Hike**
Hike in primary and secondary rainforest with a multi-lingual naturalist guide and discover the amazing array of animals, birds, trees, plants and insects.
- **Shaman Visit**
Experience Amazonian culture firsthand as you meet a local Shaman and learn to use traditional jungle weaponry.

OTHER ACTIVITIES MAY INCLUDE:

- **Spanish Lessons**
- **Community Visits**
- **Visit with Local Girl's Club**
- **Traditional Dance Presentation**
- **Traditional Cooking Demonstration**
- **A Day in the Life Activity**
- **Visit with Sumak Ahuana & Maria Angela Pacheco**

DAY 11: TRAVEL TO QUITO

Say goodbye to Minga and return to Quito for a final celebration dinner.

DAY 12: ARRIVE HOME

Depart from Quito on your flight back home. Get ready to share the story of your journey!

**Note: Trip length is customizable. Itinerary and daily activities are subject to change.*

**WE**

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A TYPICAL DAY*:

8:00am – 9:30am

- Breakfast

9:30am – 12:30pm

- Daily cultural activity: Visit with Sumak Ahuana and Maria Angela

12:30pm – 1:30pm

- Picnic lunch

1:30pm – 2:30pm

- Energizer/team building activity
- Depart for community and project building

2:30pm – 5:30pm

- Volunteer project building

5:30pm – 7:30pm

- Return to accommodation
- Dinner at accommodation

7:30pm – 10:00pm

- Action Planning
- Review schedule for the next day
- Choice time to relax, play cards, read or just reflect on your day in Ecuador

10:00pm

- Lights out!

**Note: Daily activities are customizable. Itinerary and daily activities are subject to change.*

VISIT WITH SUMAK AHUANA AND MARIA ANGELA PACHECO

Maria Angela Pacheco is a leader in her community, a pivotal WE team member, and an integral part of the local women's group, Sumak Ahuana, which provides an alternative source of income for women and families in the community. Travel to Maria Angela's community and meet her and the women's group. Take a tour of the women's fields, helping them gather grass to feed their sheep, move the livestock to pasture, or harvest crops. Learn how they produce their woolen goods, and take your turn shearing sheep and spinning wool. You'll have time to hear their stories and discuss why alternative income projects like theirs are so important to their communities.

VOLUNTEER PROJECT BUILDING

Depending on the community, day and time, your volunteering could be a variety of different activities that help remove the barriers to education—from bricks laid that will become a school, to wells dug that will provide clean water, to crops planted that will grow into nourishing food. You'll see the real results of your work as you volunteer alongside community members on WE Villages development projects, and leave an impact that will last for generations to come.

ACTION PLANNING

Led by your ME to WE facilitators, reflect on your experiences throughout the day. You'll explore some of the contemporary issues facing the communities where we work, and get the tools and skills you need to take action at home on issues you care about. We'll help you put your ideas into action. With the awareness, skills and plan you develop in Ecuador, you'll be ready to make a difference when you return home.



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Maps and Regions



All the places you will be staying are enclosed in the blue circle, you can take this picture to your health care provider.

Flying into Quito and spending a full day there. Then spending the entire time in Chimborazo province near Riobomba, Napo Region near Tena, or a split between the two.