2019 Ecuador Study Tour

Dates: May 29 – June 8, 2019

Study Tour Fee

Faculty / Staff: $2,600
Graduate Students: $2,300

Early Bird Registration (February 15, 2019)
Registration Deadline (March 15, 2019)
INDEX

General Information

Ecuador Study Tour ........................................... 3
Host Country and City ........................................ 3
Study Tour Outcomes ........................................ 4
  Comparative Perspective .................................. 4
Exploring our Host Country ................................. 5
Sample of Activities ........................................ 5
Participant Profile ........................................... 6
Where Participants come From ............................ 6
Sample Itinerary ................................................ 7

Support and Expertise

Tour Leadership ............................................... 8
Participant Experiences ..................................... 9
Supporting You Along the Journey ....................... 10

Cost

Estimated Total Cost ......................................... 11
What’s Included & What’s Not ............................. 11
Accommodations ............................................. 12
Meals .......................................................... 12
Transportation ................................................ 13
Payment Schedule .......................................... 14
Financing the Study Tour ................................ 15
  Securing Funding Sources ............................... 15
  Academic Credit ......................................... 15
  Reserving a Spot ........................................... 16
  Registration Deadlines .................................. 16

To and From Travel

Airfare .......................................................... 17
Passport and Visa ........................................... 17
Orientation and Support ................................... 18
When Participants Arrive & Depart .................... 18
What To Pack .................................................. 19
Spending Money in Ecuador ............................. 20

Health // Safety // Policy

Medical and Travel Insurance ............................ 21
Health Considerations ..................................... 22
Vaccinations ................................................... 22
Physical Demand (Activities) ........................... 22
Cancellation Policy
  Participation Cancellation ............................... 23
  Tour Cancellation ......................................... 23
Travel Warning Cancellation ............................ 24
Itinerary Disclaimer ........................................ 24
General Information

What is the Ecuador Higher Education Study Tour?
Summer 2019 brings to our participants our 7th annual higher education study tour. This 10 day academic tour examines the major facets of the Ecuadorian system of higher education in the XXI century. Through lectures by local experts, site visits, guided discussions, and the opportunity to be immersed in the local culture, participants will obtain a better grasp of the reality of this Andean country. This study tour brings together colleagues from several institutions and is centered on comparing and contrasting education in Ecuador and the U.S. This year, the theme of the study tour is: "Global Citizenship: The Role of Education in Ecuador.” The study tour will examine the experiences of stakeholders working in K-12 and higher education institutions.

Host Country and City
On the imaginary line that divides the globe into North and South, Ecuador stands as one of only 17 countries considered as mega-diverse. This diversity is also reflected on its people, with an ethnically mixed population representing Spanish, Indigenous, and African roots. Ecuador is one of the smallest countries in South America and lies 9,000 feet above sea level. Quito, our host city, is the capital of Ecuador. Located in the Andes Mountains, Quito was the first city named by UNESCO a “world heritage” site in 1978, and recently was described as "cultural capital" of Latin America. With a population of 2.4 million, Quito is home to the best-preserved colonial center in the world, offering an ideal backdrop for the study tour with over 30 colleges and universities, policy and government offices, and access to local stakeholders shaping the educational future of the country. National Geographic named Quito one of the top 10 destinations to visit in the world, combining a rich history with a contemporary metropolitan image.
Study Tour Outcomes

- Enlarge the number of graduate students, faculty and staff who are exposed to international issues.
- Encourage participants to consider different ideas and perspectives.
- Reflect upon personal beliefs in the context of a new country and culture.
- Explore issues from a multitude of perspectives with colleagues from different institutions.
- Share ideas, research, resources, and brainstorm collaboration opportunities.
- Examine avenues to internationalize the curriculum.
- Encourages thoughtful intellectual exchanges focusing on student affairs and education.
- Discuss opportunities to organize short term study abroad or service learning trips.
- Make contacts at local campus and communities.

Participant Experiences

“I participated in the My Ecuador Trip tour in the summer of 2016 and I would highly recommend it to anyone interested in learning more about the educational system of Ecuador while being emerged in the country's various cultural traditions and unique sociopolitical environment. Dr. Raul Leon plans a balanced study tour where you have opportunities to engage with some of Ecuador's educational professionals and visit their institutions while also experiencing this beautiful country through purposeful sight-seeing excursions.”

V. Crespin-Trujillo – Doctoral Candidate – UW-Madison

Comparative Perspective

Visiting Ecuador will allow participants to draw direct comparisons to colleges and universities in the United States. The tour will help participants to compare and contrast:
- Notions of student success in Ecuador
- How different types of institutions operate
- Analyze current policies and reform
- Gather information from diverse sources
- Gain exposure to current issues shaping the evolution of higher education in Ecuador
- Understand the day-to-day work of staff and faculty in educational institutions in Ecuador.
Exploring Our Host Country

- Tour Quito, named a “Cultural Patrimony of Mankind”
- Interact with locals and learn from their culture
- Enjoy Local Architecture & Design
- Visit the Middle of the World
- Get to know Ecuador’s Culture and its People
- Reenergize in a Hike in the Rainforest
- Discover new Flavors and Local Food
- Learn about History, Politics, Culture
- Capture vibrant memories with photos and snaps
- Climb to the top of the world and hike a local volcano
- Learn about education in Ecuador
- Get a souvenir for a loved one
- Enjoy living and learning in a vibrant city

Our study tour offers participants the opportunity to explore our host city and familiarize with the local culture. Daily excursions are exciting, enriching, and safe. A group leader will guide the group through their journey.

CULTURAL AND TOURISTIC ACTIVITIES

Volcano     Culinary Tour     Colonial Cathedrals     Shop Local
Hot Springs  Local NGO’s     Museums            Tourist Must Does
Waterfall Hike         Local Schools     Art and Music     Adventures
Local Animals     Local Fruit     Handcraft Market     Volunteer
Our Participant Profile

Our study tour is open to faculty, staff, graduate students, current or retired teachers, and other professionals with an interest in higher education. Participants do not need to be experts on the study tour topic or region. Our study tour is designed to serve individuals interested in examining issues in education from an interdisciplinary perspective. The study tour will accept a maximum of 13 participants. Participants come from a number of institutions across the country, at different stages in their career, and with a diverse set of experiences and backgrounds. The tour is conducted in English.

Participants who have attended the study tour have represented a number of roles, institutions, and careers.

---

Graduate Students
- Housing
- International Initiatives
- Service-Learning
- Community Engagement
- STEM Initiatives
- Alumni Relations

Tenure and Non-Tenure Faculty
- K12 and Higher Education
- Student Affairs
- Counseling
- Marketing and Business

Academic Administrators
- Deans & Directors
- Vice-Provosts
- Center Directors
- Dean of Students
- Student Affairs Senior Officers
- Researchers and Policy Analysts

---

Buffalo State University
Missouri State
Baruch College
Georgia Southern University
University of Oklahoma
Boston College
University of Minnesota
University of St. Thomas
University of Denver
University of Michigan
University of Richmond
Fresno State University
Eastern Michigan University
UC – Long Beach
Michigan State University
Rutgers University
Columbia University
Missouri State University
Northeastern University
University of Wisconsin-Madison
Texas State University
University of Florida
University of Texas – Austin
Montana State University
U. of Indiana-Bloomington
University of Texas – El Paso
New York University
TOUR TOPICS

The study tour is designed to better understand Ecuador and its educational system. The study tour is organized across three broad areas: a) Overview of educational system in Ecuador; b) Exploration of higher education reform, and c) Learn about the local culture and region. Through lectures from local experts, site visits, readings, and discussions, participants will be immersed in the local context, comparing and contrasting their experiences.

Academic Visits

Ecuador’s government seeks to move forward in a globalized world that places great value on developing citizens capable of competing on this knowledge economy. At the center of this process, Ecuador has turned their attention to a major overhauling of the country’s educational system. To understand this change, our itinerary incorporates visits to local school and universities, interaction with stakeholders (speakers, policy makers, researchers, business owners, government officials, students), and opportunities to spend time in local sites providing context for our exploration.

SAMPLE ITINERARY

Day 1: Arrive to Quito
Day 2:
Cultural Visit: Middle of the World
Academic Visit: Education Council
Day 3:
Cultural Visit: Colonial Center
Academic Visit: Local High School
Day 4:
Touristic Visit: Chocolate Factory
Touristic Visit: Waterfall Hike
Day 5:
Cultural Visit: Art Museum
Touristic Visit: Volcano Visit
Day 6:
Cultural Visit: Handcraft Market
Academic Visit: University Visit
Day 7:
Touristic Visit: Hot Springs
Free Time: Explore Quito
Day 8:
Academic Visit: Local Speaker
Cultural Visit: Basilica Temple
Day 9
Touristic Visit: Pululahua Crater
Academic Visit: Presentation
Day 10: Depart Quito

Itinerary

A blend of academic, cultural, and touristic activities makes our study tour an attractive option to get to know Ecuador and its people. Each day provides an ideal balance between activities that allow us to learn about education in Ecuador, while also exploring local culture, cuisine, traditions, and the rich history of this country. An expert tour leader guiding the tour maximizes our learning opportunities while adding a local touch bringing it all together. Each day is designed to make the most of your time in Ecuador. Participants will receive a detailed itinerary prior the tour.
TOUR LEADERSHIP

Dr. Raul Leon is an Associate Professor of Higher Education and Student Affairs at Eastern Michigan University. Born and raised in Ecuador, Dr. Leon has a passion for traveling and discovering new places. Dr. Leon earned his B.A. in International Relations from St. Cloud State University (SCSU). He also holds a master’s degree in International Public Affairs (International Development in Latin America) and a Ph.D. in Educational Leadership and Policy Analysis, both degrees from the University of Wisconsin-Madison.

Dr. Leon has several years of experience working closely with international education programs and initiatives. These experiences include working with the Center for International Studies a (SCSCU), developing marketing campaigns for over 100 study abroad programs at the (UW-Madison), connecting international students and the campus community with International Reach (UW-Madison), and directing study abroad programs for undergraduate and graduate students (EMU).

As a faculty member, Dr. Leon has received numerous local and national awards recognizing his scholarship, leadership, and impact on campus. As a researcher, he has maintained an active researcher agenda with over 35 policy relevant scholarship contributions. One of his areas of expertise is study abroad.

As a native of Ecuador, Dr. Leon has provided leadership for My Ecuador Trip, organizing and leading educational and cultural trips since 2010. Equipped with local knowledge, expertise in the field of education, experience leading over 80 educators in study tours, and a passion for learning, Dr. Leon is eager to lead our next Study Tour in Ecuador.
As someone who lived and studied in Ecuador for 6.5 years, I was eager to take a more critical look at the current k-16 educational system and policies and how they relate to when I was a student there in the early 90’s. Additionally, I was interested in exploring topics related to student leadership development in higher education in Ecuador and how it relates to my work in student affairs in the U.S. The seminars experienced were couples with cultural outings, which were well organized and enlightening."

JP Laurenceau Medina – Assistant Dean of Students – Washington College

Our tour offers a unique academic and cultural enriching opportunity with experts in the field with a first-hand knowledge of our destination.

My Ecuador Trip Report Card

95% rate overall Satisfaction good or excellent

98% rate Educational Content good or excellent

99% rate tour leader as good or excellent

“ This Study Tour is intentional, engaging, and fun! I was exposed to the culture, politics, education system, geography, cuisine, and fantastic hospitality all within a few weeks. If you are considering it, you will not be let down! Highly recommend this program.”

Elizabeth Hernandez – Graduate Student – California State University - Chico
SUPPORTING YOU ALONG THE JOURNEY

We are committed to crafting an experience that is memorable and exceeds your expectations. With the knowledge, tools, and expertise to lead this tour, we have a team in place to support you all along:

- Pre-Departure Orientation Information
- On-Site Orientation
- Airport Transfers in Quito
- Booking Accommodations
- Educational Tour Leader
- Support from Local Resident Director and Staff
- Entrance Fee for Local Attractions
- Reserve and Plan Group Meals
- Access to Classroom Space
- Wireless Internet Access
- 24/7 Local Support
- Plan Academic & Touristic Visits
- Arrange Guest Lecturers
- Be a Resource for YOU
Support and Expertise

Included In Tour Package
- Pre-Departure Orientation
- Accommodations
- Private Guided Daily Tours (English)
- Airport Transfers in Quito
- Entrance Fee Tourist Attractions
- All Meals (As Indicated in Itinerary)
- Bottled Water for Full Trip
- Free Wireless Internet
- 24/7 Local Support
- Unique/Authentic Tours

Not Included In Tour Package
- International Airfare
- Additional Snacks and Meals not Included in Itinerary
- Additional Transportation Services not Included in Itinerary
- Souvenirs and Miscellaneous
- Tipping and Gratuities
- Beverages and Alcoholic Drinks
- Travel and Medical Emergency Insurance

ESTIMATED BUDGET

<table>
<thead>
<tr>
<th></th>
<th>Faculty / Staff / Professionals</th>
<th>Graduate Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tour Fee</td>
<td>$2,800 (EARLYBIRD: $2,600)</td>
<td>$2,500 (EARLYBIRD: $2,300)</td>
</tr>
<tr>
<td>Round trip Airfare</td>
<td>$750</td>
<td>$750</td>
</tr>
<tr>
<td>(Average cost departure from the U.S.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extra Spending Cash</td>
<td>$150</td>
<td>$150</td>
</tr>
<tr>
<td>Medical and Travel Insurance</td>
<td>$50</td>
<td>$50</td>
</tr>
<tr>
<td>TOTAL COST</td>
<td>$3,550</td>
<td>$3,250</td>
</tr>
</tbody>
</table>
Accommodations

My Ecuador Trip takes care of the entire process of participant accommodations. We use our local expertise to identify accommodations that will be suitable for the group needs and give you an opportunity to experience local culture. Currently, we offer two types of accommodations depending on the final size of the group traveling to Ecuador. One option houses the group in a local hotel specifically selected for the group. The hotel designation ranges between 3-4 stars. We have worked with a number of properties in the past and will select a property considering the number of participants registered for the tour. This is our standard accommodation. The second option is a private property that welcomes small groups (8-10 participants). The property consists of three furnished apartments to help you relax and enjoy your visit.

We believe it is essential to provide not only comfort and safety, but also a special insight to the local culture. We offer intimate properties for our participants to truly make this visit a unique experience for each visitor. Each property has a staff from My Ecuador Trip ready to assist all visitors.

Accommodations:
Tour fee based on double room accommodation with shared bathroom.

Single Room: Please request single room in advance when submitting your application. Additional fees apply.

Roommates: Roommate requests are accepted. All participants will share a room with a private bathroom to foster a space to connect to other participants.
Transportation

Safety and reliability are our priority when traveling across Ecuador. A professional driver and a vehicle (e.g., van or small motor coach) are included in each package. This vehicle stays with us at all times, which provides maximum flexibility in our schedule, and allows us to make changes and adapt to local conditions if necessary. This is the kind of support and service we are committed to. In some occasions, the tour incorporates the use of public transportation or other methods of transportation. In this case, participants will receive this information during orientation and it will be described in the itinerary.

Meals

Ecuador is the perfect opportunity to experience the vast array of wonderful food that is available in this country. My Ecuador Trip takes care of the planning process for all meals during the tour. With our local expertise, we can offer you an authentic food experience, sampling local flavors, enjoying places where you will come face to face with locals, sharing traditions, or enjoying a meal at the place of residence. To encourage relationship building we suggest all participants eat together.
Payment Schedule

March 15 is the deadline to sign up for the study tour and submit the application deposit (Please check with us for availability of spots after this deadline). All applications must be submitted with the $400 registration deposit to officially reserve a spot. We will confirm the study tour by April 1. After receiving confirmation, you will be able to book your airfare. DO NOT purchase a ticket without written confirmation from My Ecuador Trip. You may also pay the full amount at once.

<table>
<thead>
<tr>
<th>Installment Date</th>
<th>Installment Amount (Faculty/Staff)</th>
<th>Installment Amount (Graduate Student)</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 15</td>
<td>$400</td>
<td>$400</td>
</tr>
<tr>
<td>(Application Due)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>April 1</td>
<td>$1,200</td>
<td>$1,100</td>
</tr>
<tr>
<td>May 1</td>
<td>$1,200</td>
<td>$1,000</td>
</tr>
<tr>
<td>TOTAL</td>
<td>$2,800</td>
<td>$2,500</td>
</tr>
</tbody>
</table>

*February 15: Early Bird Registration Discount ($200) will be applied to May 1 payment. Faculty/Staff: $1,000 ; Graduate Student: $800)

FINANCING THE STUDY TOUR

Most participants (students, staff, and faculty) have secured funding to partially or completely cover the expenses of the tour. Participants were proactive seeking resources and started with the planning process early. Participants reported several strategies to request and secure funding. Support has included scholarships, professional development funds, grants, personal resources, and contributions from peers and family.
INVESTING IN YOURSELF

Professional Development
Growing as a professional in the field requires making strategic investments on your development. This study tour offers a rich learning experience, connects you with a network of professionals and scholars with a passion for learning and traveling, and it enhances your professional profile adding an international component.

Academic Credit
Participants have received academic credit for this study tour (Ranging from 1-3 credits). One option is to coordinate this credit (prior departure and paid fees for tuition) with your home institution. We can share a sample syllabus or projects to complete during the study tour to discuss with your advisor. Please inquire about additional opportunities for independent study credit.

SECURING FUNDING & RESOURCES

1. Reach out to advisor, chair, or dean

2. Find internationalization initiatives that support staff / student travel.

3. Identify professional development funds from your department or school

4. Discuss how this tour could help you revamp curriculum on your department

5. Discuss your role supporting the creation or partnership for new study abroad programs

6. Search scholarships for international travel or international immersion

7. Create funding platforms (GoFund Me) to solicit support from friends and family

8. Secure department scholarships to share / present your experience from this tour when you return to campus
Reserve YOUR SPOT

The study tour is based on a minimum number of participants enrolled (min.: 6 participants – max. 13). Our application deadline is **March 15**. Our plan is to confirm the tour by **April 1**. Participants reserve a spot by submitting an **electronic application, their resume or CV**, and a **registration deposit** by appropriate deadlines:

**EARLY BIRD REGISTRATION**
**DEADLINE:** February 15

**REGULAR REGISTRATION**
**DEADLINE:** March 15

All applications must be submitted with $400 registration deposit. Applications can be submitted after the deadline if spots are still available.

**INVITE A COLLEAGUE**

The tour is designed for individuals with an interest in education in Ecuador. We have welcomed participants from all over the U.S. and encourage participants to connect with peers at their institution or across institutions to join in this adventure. As a participant, you play an integral role sharing this opportunity with others in the field. Participants who sign-up with a peer receive a promotional discount.
Airfare

Airfare is not included on the price of this tour. Because our participants come from many different places, you will book your ticket from the location is most convenient to you. Several of our participants book round trip tickets to Quito from Atlanta, Minneapolis, Chicago, Detroit, or New York. Price ranges between $700 – 1100. We will assist you in making travel arrangements.

From the U.S. you can find direct flights to Quito departing from DALLAS, ATLANTA, MIAMI, FT. LAUDERDELE, and HOUSTON. (Quito is only a 4 / 5 h. flight from most of these cities). My Ecuador Trip will provide detailed information to book flights and will support participants through this process.

Passports and Visas

All participants will need a passport to enter Ecuador and to re-enter the United States. If a participant does not have a passport, they should apply for one as soon as they decide they will be joining the tour. The passport application and process can take 8-10+ weeks.

At this time, U.S. citizens do not need a visa to travel to Ecuador for a period shorter than 90 days. If you are not a U.S. citizen, you must check with your own government agency and/or the consulates of all countries visited for entry and visa requirements for your nationality.
Orientation and Support

We pride on actively and timely communicating with participants from the initial interest contact to the time you safely return to your destination. Accepted participants receive a detailed orientation packet and support prior each study tour. This packet includes information pertaining to planning your trip, arriving to your destination, packing for the study tour, information about our activities, academic materials needed in preparation for the tour (readings) and a detailed itinerary. Our goal is that each participant is prepared to fully enjoy this experience in Ecuador.

Participants Arrival & Departure

Our programs include airport pick-up and drop-off at the designated airport on the program arrival and departure dates. Early arrivals and late departures are permitted, but on those cases, each participant is responsible for their own lodging and transportation to and from the airport. We can coordinate that arrangement with prior request.

Prior program departure, My Ecuador Trip provides participants with specific details on how to book flights, information on when to arrive and depart (window of times), and airport pick-up and drop-off information. Our resident director will welcome participants at the airport.
# My Ecuador Trip Packing List

<table>
<thead>
<tr>
<th>Prepare to Travel</th>
<th>Toiletries</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Renew/Check Passport</td>
<td>Toilet Bag</td>
<td>Waterproof case/bag for phone/gadget</td>
</tr>
<tr>
<td>Obtain Recommended Vaccinations</td>
<td>Skin Care/Lotion</td>
<td>Plastic bag/large ziplock bag</td>
</tr>
<tr>
<td>Purchase Travel Insurance</td>
<td>Make-up</td>
<td>Ear plugs</td>
</tr>
<tr>
<td>Print off Documents (ID, insurance)</td>
<td>Toothbrush/Toothpaste</td>
<td>Pen/pencil/small notebook</td>
</tr>
<tr>
<td>Check-In online with Airline</td>
<td>Tissues</td>
<td>Travel games / Books</td>
</tr>
<tr>
<td>Check Flight Time</td>
<td>Feminine hygiene items</td>
<td>Travel Pillow</td>
</tr>
<tr>
<td>Check Baggage Weight</td>
<td>Deodorant</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Clearly Label/Identify Luggage</td>
<td>Hair brush/Comb</td>
<td>Small Tokens/Gifts: Items to give away</td>
</tr>
<tr>
<td>Notify your bank about traveling abroad to avoid issues with cards</td>
<td>Shampoo/Conditioner</td>
<td>during local visits representing your</td>
</tr>
<tr>
<td>Email a copy of all important documents to yourself in case of theft</td>
<td>Soap</td>
<td>institution or state</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Documents</th>
<th>Q-Tips/Cotton balls</th>
<th>Snacks / energy bars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passport</td>
<td>Tweezers</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Extra Passport Photos</td>
<td>Baby Wipes</td>
<td>Small Tokens/Gifts: Items to give away</td>
</tr>
<tr>
<td>Prescriptions for Medications</td>
<td>Shaving cream/gel/foam</td>
<td>during local visits representing your</td>
</tr>
<tr>
<td>Driver License</td>
<td>Razor/electric shaver</td>
<td>institution or state</td>
</tr>
<tr>
<td>Travel Insurance Documents</td>
<td>Nail clippers/file</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Travel Itinerary</td>
<td>Wash cloth</td>
<td>Small Tokens/Gifts: Items to give away</td>
</tr>
<tr>
<td>Photocopy of documents/ID/Passport</td>
<td>Hand Towel</td>
<td>during local visits representing your</td>
</tr>
<tr>
<td>Emergency Contact Info</td>
<td>Dental Floss</td>
<td>institution or state</td>
</tr>
<tr>
<td></td>
<td>Perfume/Aftershave/Cologne</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td></td>
<td>Make-up remover</td>
<td>Small Tokens/Gifts: Items to give away</td>
</tr>
<tr>
<td></td>
<td>Contacts (and extra contacts)</td>
<td>during local visits representing your</td>
</tr>
<tr>
<td></td>
<td>Contact solution</td>
<td>institution or state</td>
</tr>
<tr>
<td></td>
<td>Glasses &amp; case</td>
<td>Snacks / energy bars</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Money</th>
<th>Birmingham/Parisian</th>
<th>Snacks / energy bars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wallet</td>
<td>Painkiller</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Cash (Small Bills) $20s or smaller</td>
<td>Prescription Medication</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Debit Card</td>
<td>Small First Aid Kit</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Emergency Cash ($150)</td>
<td>Diarrhoea Medicine</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td></td>
<td>Sunscreen/cream</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td></td>
<td>Lotion (Aloe Vera)</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td></td>
<td>Cold/Flu Medicine</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td></td>
<td>Vitamins</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td></td>
<td>Hand sanitizer</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td></td>
<td>Insect repellent</td>
<td>Snacks / energy bars</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bags</th>
<th>Acessories</th>
<th>Snacks / energy bars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main, Large rucksack or suitcase</td>
<td>Sunglasses</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Carry-on bag</td>
<td>Watch</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Purse or tote for city/educational tours</td>
<td>Belt</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td></td>
<td>Gloves and Scarf (cold weather)</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td></td>
<td>Hat/headband (cold weather)</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td></td>
<td>Small Umbrella</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td></td>
<td>Sunhat / ballcap</td>
<td>Snacks / energy bars</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clothing</th>
<th>Swimwear</th>
<th>Snacks / energy bars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jeans/Trousers</td>
<td>Swimming Shorts / swimsuit</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Shorts</td>
<td>Towel</td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Business casual (dress shirts, pants, skirts)</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Shirts (t-shirts, polos, casual, etc.)</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Raincoat/poncho</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Sweater and Light jacket</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Undergarments (regular &amp; active)</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Socks (regular and thicker for hiking)</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Pajamas</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Shoes</th>
<th></th>
<th>Snacks / energy bars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flip Flops/ Sandals</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>2 PAIRS OF Walking/Hiking Shoes</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Business casual shoes</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Electronics and Gadgets</th>
<th></th>
<th>Snacks / energy bars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mobile Phone and charger</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Camera and charger</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Laptop/tablet and charger</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Ipod/Music player and charger</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Headphones</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Travel hairdryer</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Curling iron/Flat iron</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>USB stick</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other</th>
<th></th>
<th>Snacks / energy bars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waterproof case/bag for phone/gadget</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Plastic bag/large ziplock bag</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Ear plugs</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Pen/pencil/small notebook</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Travel games / Books</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Gum</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Book</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Water bottle</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Travel Pillow</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Snacks / energy bars</td>
<td></td>
<td>Snacks / energy bars</td>
</tr>
<tr>
<td>Small Tokens/Gifts: Items to give away during local visits representing your institution or state</td>
<td>Snacks / energy bars</td>
<td>Snacks / energy bars</td>
</tr>
</tbody>
</table>
Spending Money in Ecuador

Our tour fee covers most expenses on site. We recommend extra amounts of cash ($100-150) to cover additional expenses (i.e., souvenirs, tips, miscellaneous). However, because every participant is different, spending money requirements will vary. Please consider your own spending habits. In addition, it is always a good idea to have **extra cash/emergency fund** in case you find the souvenir of your dreams or need to make an unexpected purchase.

Ecuador’s official currency since 2001 is the U.S. Dollar. If you bring cash, please bring smaller bills (**locals do not accept $50 or $100 dollar bills and rarely accept $20s**). We highly discourage bringing traveler checks.

Credit Cards: ATMs are available (please check with your bank to ensure that your card works internationally). However, please do have cash on hand for the tour.
Medical and Travel Insurance

All participants must secure medical travel insurance coverage PRIOR the trip. This insurance should cover you for the entire duration of the trip. While many participants may already be covered by a medical insurance policy, your policy for this tour must include travel, medical, emergency repatriation, overseas coverage, and travel/trip cancellation (For additional details and a description of risks, please refer to our liability contract). All participants must present proof of insurance in writing to My Ecuador Trip prior departure (i.e., copy of online receipt/policy with your name). My Ecuador Trip does not endorse the following travel insurance providers but includes their contact information for your reference:

- iNext card: http://www.inext.com/plans-supplemental/basic.aspx
- STA Travel Insurance: http://www.statravel.com/international-travel-insurance.htm

Health Considerations

Each participant should consult a doctor for up-to-date medical travel information before departure. We highly recommend that you carry with you all personal medications needed (e.g., headache tablets, antibiotics, etc). When booking this tour, please carefully read about the physical demands of the itinerary. Please note that Quito is a city that is in the Andes mountains, with high altitude (medically defined as anything over 8,000 feet). We have not had any issues in the past, but because everyone reacts to altitude differently, and only you know your health and fitness level, please consult with your physician prior the trip.
**Degree of Physical Demand (Activities)**

**Excursions and Tours.** Our tours involve moderate hikes in the city, rainforests, plains, and national parks. Our tour involves getting out of vehicles, walking on uneven terrain, and in some cases hiking in places with high elevation and some humidity. Our tours are suited for anyone who can walk up to 2-5 km (1.5 - 3 miles) per day. Some days there will be no walking and other days walking time may exceed 1-2 hours (broken up into shorter blocks). In the past, we have welcomed participants with different abilities and/or medical conditions. Please send us an email if you would like to find out more information about the level of activity and accommodation for each tour.

**Vaccinations**

The program does not require proof of vaccinations or vaccination certificates. Visit the Center for Disease Control and Prevention website for current information (https://wwwnc.cdc.gov/). Consult with your doctor for additional information and questions.
**Cancelation Policies**

**Participant Cancellation**

Cancellation Policy: Refunds will be given for cancellations received in writing 60 days before the trip date minus a $400 processing fee. If you decide to cancel your participation in the study tour 60 to 30 days before for any reason, we will refund 50% of your total payments (not including $400 processing fee). Cancellations under 30 days before the trip dates will not be entitled to any refunds. No partial refunds are given for unused meals, hotel rooms, airport transfers, or other program activities, for any reason whatsoever. All requests for cancellation and refunds must be in writing to myecuadortrip2010@gmail.com.

Cancellations under 30 days are eligible for credit for a future tour (travel or study tour) minus the $400 application fee and any other expenses incurred by My Ecuador Trip. If credit is used, this tour must be booked within one year after the original tour date.

No refunds will be given if the tour is not booked.

**Tour Cancellation**

The tour may be cancelled or postponed due to unforeseen circumstances by My Ecuador Trip. In this case My Ecuador Trip will refund all tour fees and has no further liability to the participant. My Ecuador Trip will not be responsible for additional costs, charges, or expenses, including cancellation/change charges assessed by airlines, travel insurance, and/or travel agencies. Please note that under no circumstances My Ecuador Trip is responsible for any flight cancellation or flight change charges incurred. My Ecuador Trip is not responsible for weather or travel-related problems and will not reimburse registration fees for these issues. We would like to mention that we have never cancelled a trip.
Travel Warning Cancellation

In case of an act of war, terrorism, or the threat of an act of terrorism. Participants will receive a full refund (less the $400 processing fee that will be applied for a future trip) should all of the following conditions be met: (a) a terrorist act, or threats of terrorist acts occur(s), which is directed against U.S. interests on U.S. soil or in U.S. airspace or directed against U.S. interests in any other country or in international airspace; and (b) as a result of these events, a formal Travel Warning is issued by the U.S. Department of State, stating that Americans should not travel to Ecuador ad any other country or countries that are included in the participant’s tour itinerary; and (c) the formal Travel Warning by the U.S. Department of State is issued within 30 days of the participant’s departure.

Itinerary Disclaimer

Each participant will receive a detailed itinerary closer to the trip’s dates. Each participant will also receive a detailed list of how to prepare, packing, and other pertinent information. While it is our intention to adhere to itinerary described for each tour, there is a certain amount of flexibility built into each itinerary and My Ecuador Trip deserves the right to make alterations when necessary and at the discretion of My Ecuador Trip staff. Travel can be unpredictable, and the itinerary is a general guide to the tour and region. In addition any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered and travel times will be changed according to local circumstances.

Please contact us if you have any additional questions or would like to discuss tour details.

My Ecuador Trip
PHONE: 320-493-6581
EMAIL: info@myecuadortrip.com
WEB: www.myecuadortrip.com
Ann Arbor, Michigan
REGISTERED LLC