ECUADOR 2019:
PROFESSIONAL DEVELOPMENT AND INTERNATIONAL TRAVEL

PROGRAM GUIDE
Insight’s Ecuador Professional Development Program is designed for educators who are looking to integrate global issues into their schools, classrooms and communities. Over the course of 10 days, participants will travel throughout Ecuador, learning about pressing social issues, while having the opportunity to explore and experience Ecuador’s natural beauty. From learning how to make chocolate in the Amazon, to how eco-tourism is creating sustainable jobs in the Andes, this program is designed to educate and inspire.

If you’re looking for an opportunity to travel, have fun, learn, and experience all that a country has to offer, consider joining Insight and other educators in August 2019. The below outline provides details on the program themes, the proposed travel itinerary including activities and learning experiences, the costs (inclusions and exclusions), and a sample travel map.

**Program Themes**

- **Theme 1:** Integrating Global Issues Into Your School
- **Theme 2:** Indigenous Cultures and Communities
- **Theme 3:** Eco-Tourism and Sustainable Travel
- **Theme 4:** Social Enterprise and The Environment

**Travel Itinerary**

The below sample itinerary has been included to provide a rough idea as to what this program could look like. As a reminder, all of our programs are customized specifically with each partner in mind.

**Arrival**
- Attendees arrive and check-in (arrival pickup is provided from Quito International Airport for those landing on August 6th, 2019).
- If you are already in Quito or the region, details will be provided to get you to our first hotel for the night of the 6th.

**Day 1 – August 7th, 2019 - (B, L, D)**
- Early morning departure from Quito for Pappallacta Hot Springs, one of Ecuador’s most stunning, naturally occurring hot springs
- Before jumping into the hot water, you can join us for a quick 30-minute *(optional)* hike at 4,600 meters to prepare for the springs (it is a bit chilly this high up)
- Shortly before departing, we stop over for a local lunch, and continue downwards towards the Amazon rainforest

Day 2 (B, L, D)
- We begin our first day in the rain forest with a guided hike through the Amazon with indigenous guides who will demonstrate their local expertise (from floral crowns to lemon flavoured ants, you’ll be blown away by their knowledge)
- In the early-afternoon, we return to the indigenous community (called Sinchi Warmi – Quechua for Strong Woman) for a brief lesson on plant-based jewelry making (introduction to the community artisanal project)
- Shortly afterwards, we experience a truly traditional chocolate tour, including tasting, roasting, and making, all on site!
- We wrap up day 2 with an evening discussion on integrating global indigenous issues into the classroom, looking at the chocolate industry and jewelry as opportunities to create connections for students
Day 3 (B, L, D)
- We begin day 3 with a morning departure along Napo River to explore animal conservation efforts in the primary Amazon rain forest. While here, we’ll come face to face with ocelots, tapirs, monkeys, toucans, and other animals protected by the institute.
- *(Optional)* afternoon tubing/ floating down the Napo river
- Those wanting some **free time** can nestle up in one of the locally made hammocks, sit back and dive into a nice book, or practice your Spanish skills with the local staff!
- We wrap up our experience in the Sinchi Warmi community with a celebratory dinner provided by our hosts, featuring a performance by a youth group who can sing and dance!

Day 4 (B, L)
- We begin day 4 by saying goodbye to our hosts, as we depart from Sinchi Warmi to Banos town, transitioning from the rain forest into the Andes mountains
- On route, we hike down to Paillon Del Diablo (waterfall alley), providing stunning views of one of Ecuador’s largest occurring waterfalls
- We will then head back to the hotel, for an afternoon and evening of **free time** to enjoy Banos town
Day 5 (B, D)

- In the morning, tour participants can optionally choose from one of the below activities:
  - White Water Rafting
  - Zip-lining
  - Rappelling
  - Spa Day (massage or other treatments)
  - Walking City Tour with Ivan Felicita

- In the afternoon, we will
  ‘Swing on the Edge of the Earth’
  at Tungurahua Volcano, one of Ecuador’s most active and exciting
  (one of 76 volcanoes in the country)

- We head back to Banos via the Luna RunTun viewpoint hike, overlooking the stunning valley

Day 6 (B, L)

- We start day 6 by heading back to Quito, starting with a visit to the Guayasamin art exhibit (a famous Ecuadorian painter and sculptor who used his work to speak out against injustices in the world)

- We will then enjoy crepes and waffles at a famous Colombian café and social enterprise

- Afterwards, participants will have **free time** to explore downtown Quito by shopping, enjoying a coffee, or visiting other historical spots that interest them

- Our day will conclude with dinner in Plaza Foch, the lively city center in Quito
Day 7 (B, L)
- On the morning of day 7, we head to Mindo to explore a hummingbird greenhouse and a social enterprise dedicated to chocolate and sustainability
- We will reside overnight at an 100% sustainable eco-lodge built directly in the cloud forest

Day 8 (B, L)
- On day 8, we will head to the world-famous Otavalo craft market, visiting traditional weavers and learning how products are made first hand
- Before arriving in Otavalo, we will stop in Cotacachi, Ecuador’s famous leather and artisan town for free time to shop and grab lunch
- Before arriving at the market, we make a quick stop at Nanda Manachi’s (a world-renowned musical group) and the Artesania El Gran Condor (to see how some of the products at the market are made by the women in Otavalo)
- For the rest of the day, participants will have **free time** to spend time exploring and shopping in the largest indigenous craft market in the world
Day 9 (B, L, D)

- We begin day 9 with a very early morning departure, heading to the community of Nangulvi.
- Our visit to Nangulvi will start with an (optional) hike through the forest, learning about the many birds and other species in the region.
- Afterwards, we rest in the community’s hot springs, a recently established community social enterprise designed to demonstrate economic opportunity outside of mining.
- In the evening, we will hear from a local activist in the community, learning about the impacts of resource extraction and mining on the town, and on the country.
- We wrap up day 9 with an evening discussion on ‘extractivism’ and Canada’s impact in the Global South.

Day 10 (B, L, D)

- On our last full day, we will head back to Quito and visit Guanguiltagua Metropolitan Park (the largest urban park in South America) for concluding discussions and reflections on our week spent in Ecuador.
- Participants will enjoy an evening final dinner overlooking Quito’s panoramic views at (Café Mosaico).
Program Cost - $2,400 CAD per participant

Register by November 15th, 2018, and save $200 CAD towards registration!

Inclusions:
- Accommodations at all locations (based on double-occupancy, at hotels/hostels and guesthouses – 3 star or higher)
- Most meals (breakfast, lunch, dinner) as specified (see B, L, D beside date)
- Water (participants must bring a reusable water bottle)
- In-country transportation via coaster bus
- Arrival pickup at Quito International Airport
- All program-related fees (entrance fees, park fees, etc.)
- Program themes and related activities/experiences
- Program staff (Insight and local team member) to facilitate and guide

Cost Excludes:
- International airfare to/from Quito, Ecuador*
- Passport
- Personal medications
- Travel insurance (emergency, medical, cancellation) **
- Personal expenditures (crafts, gifts, etc.)
- Local guide/bus driver tip - $60 USD

Additional Options:
- Single occupancy - $450 CAD
- Any of the eco-tour options listed in Banos town (aside from local walking tour, which has no cost)

Registration
Considering joining us in Fiji this coming March? Great! Our group will be lead by retired teachers Tammy Wirick and Joanne Holme, along with our local team in Ecuador. For any questions related to the program:

Tammy Wirick - leewirick@telus.net
Joanne Holme – joanneholme@shaw.ca

To register, simply contact Tammy or Joanne at your convenience. Registrations will require a $500 non-refundable deposit made payable to Insight Global Education.
Registration will be on a first come first serve basis, and the program will be capped at 22 participants and will need 10 participants to run.

Register by November 15th, 2018, and save $200 CAD towards the total program fee.

**Travelling Onwards or Before Hand**

Are you considering joining the program, but want to explore more of South America? We strongly encourage participants to, if timing and budgets permit, to explore more of the region. Peru, to the south, or Colombia, to the north, are both extremely hospitable with plenty to see and do.

If you are considering travelling before or after, talk with Janice and see what might be available in terms of flights. We simply want to make sure you are ready and able to get going in Quito for the start of the program!

**Accommodations**

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<thead>
<tr>
<th>Night</th>
<th>Location</th>
<th>TripAdvisor Link</th>
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<tbody>
<tr>
<td>Arrival</td>
<td>Andino Hotel (Quito) –</td>
<td></td>
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<tr>
<td>Nights 1-3</td>
<td>Sinchi Warmi Amazon Lodge (Puerto Misahualli) -</td>
<td>TripAdvisor Link</td>
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<tr>
<td>Nights 4-5</td>
<td>Hostal Posada J (Banos) -</td>
<td>TripAdvisor Link</td>
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<tr>
<td>Nights 6</td>
<td>Andino Hotel Quito</td>
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<td>Nights 7</td>
<td>Mindo (Mindo Cloudforest) -</td>
<td>Accommodation TBC</td>
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<td>Night 8</td>
<td>Otavalo -</td>
<td>Accommodation TBC</td>
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<tr>
<td>Night 9</td>
<td>Termas Nangulvi (Nangulvi) -</td>
<td>TripAdvisor Link</td>
</tr>
<tr>
<td>Night 10</td>
<td>Andino Hotel (Quito)</td>
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For more information on our accommodations, simply click the TripAdvisor link. Participants can request lodging with specific individuals (ie. couples, friends, etc, and we will accommodate). Individual travelers will be placed in shared lodgings based on male/female, unless otherwise requested.

**Transportation**

While in Ecuador, transportation will be included the entire duration. For most of the trip, we’ll be commuting as a group via a coach bus.
Flights

Flights are not included in the cost of the program. You are welcome to book your flight individually, or, if you would like, we can refer you to a travel agent we often work with at Flightcentre who is very familiar with our trips abroad. We simply ask that you arrive and are ready for the trip to begin early morning August 7th. Therefore, you should, at latest, arrive into Quito the 6th (a hotel the night of the 6th is included).

Program Travel Map