

ENCOUNTER ECUADOR

Travelling with an impact

SPANISH,
VOLUNTEERING,
YOGA & SURF
GALAPAGOS



ENCOUNTER
MyWay

ENCOUNTER ECUADOR



Have you ever imagined what it would be like to awaken in a place surrounded by incredibly lush greenery, dormant volcanoes, and fascinating animals? Then you are in the correct spot and life has guided you to Ecuador, the only nation in the world with a name derived from a geographical

feature. Don't be deceived by Ecuador's diminutive size; in fact, this is what makes it so endearing.

Would you be interested in experiencing life in the country closest to space?

Come along on this adventure with us and see for yourself what a magical, vibrant, and thrilling experience Ecuador is.



Ecuador



Minimum
4 Weeks



No
Spanish Needed

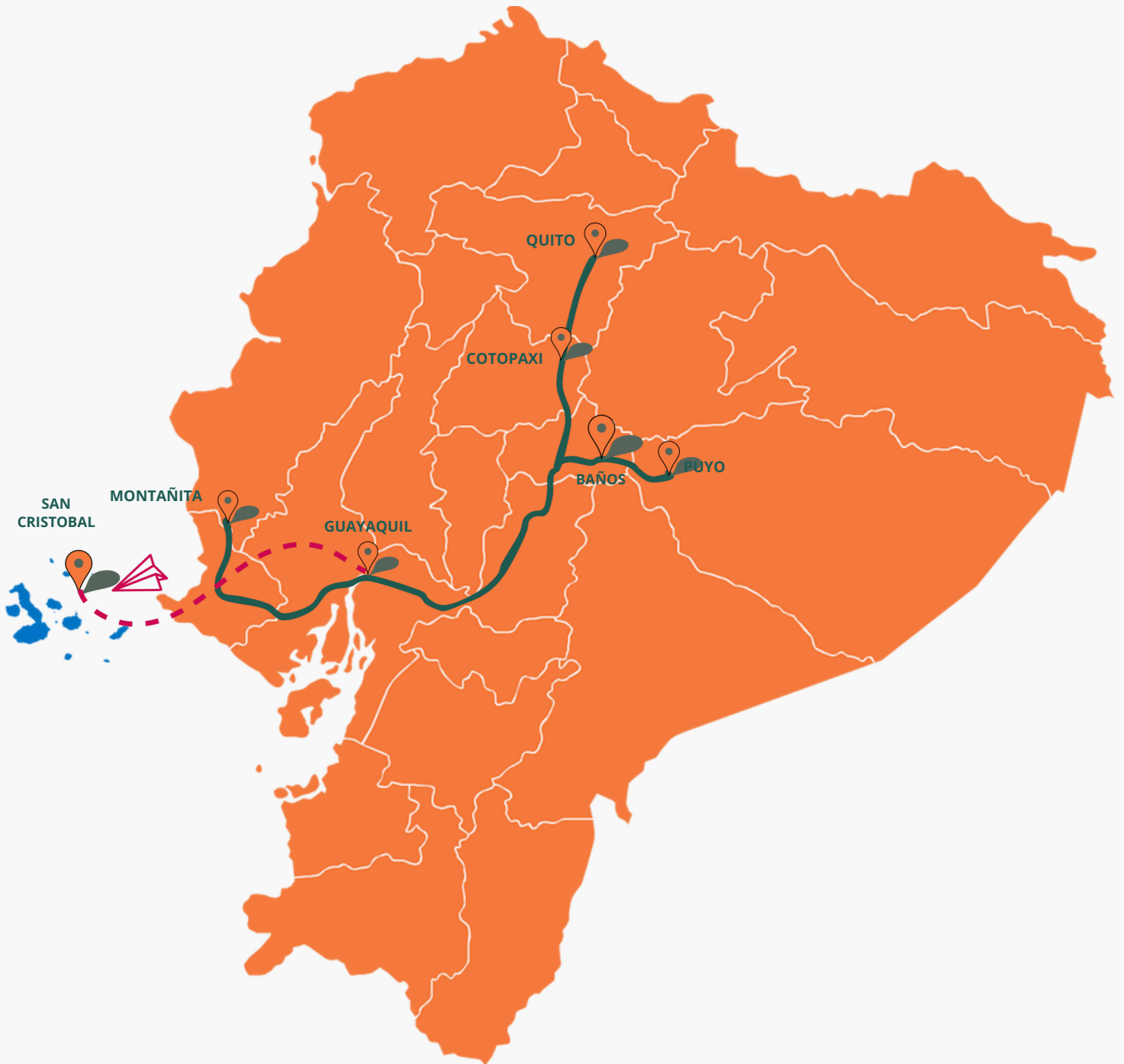


1° Time
Volunteer



minimun 18
years old

THE ITINERARY



DAY 1

ARRIVE IN QUITO



Upon arriving in Quito, you will be greeted and transferred to your hostel. After checking in, you'll meet your fellow travelers before enjoying a welcome dinner in Ecuador's vibrant capital.

Quito's high altitude of 2800 meters means you should take it easy on your first night to avoid any signs of altitude sickness. This evening marks the start of an unforgettable journey through Ecuador's diverse landscapes.

Included: Transfer from Quito Airport to your hostel, welcome dinner, overnight in dorm, guide.



DAY 2

QUITO



Today, you'll dive into Quito's rich colonial history with a local guide. Quito, one of the oldest capitals in South America, is renowned for its well-preserved buildings that earned it the distinction of being a UNESCO World Heritage Site. As you walk through the cobble streets, you'll hear stories of its past, from spooky legends to tales of conquest. Later, unwind in La Carolina Park, Quito's answer to Central Park, where locals gather for leisure and sport. The park offers a vibrant contrast to the historical side of the city.

Included: Breakfast, city tour in private service with guide and public transportation, overnight in dorm, guide.

DAY 3



COTOPAXI VOLCANO

The adventure continues as you leave behind Quito's bustling city life and journey into the breathtaking Andean mountains. After breakfast, you'll head to Lasso, a small town nestled in the highlands that serves as a gateway to Cotopaxi National Park. In the afternoon, prepare to explore the base of Cotopaxi, one of the world's highest volcanoes, where the landscapes will leave you in awe. Your day will conclude with an exhilarating bike ride back down the slopes of Cotopaxi, offering both adventure and incredible views.

Included: Breakfast, lunch, dinner, private transportation to Cotopaxi, bike rental, overnight in dorm, guide.



DAY 4

BAÑOS



Today, you'll visit the stunning Quilotoa crater lake, a breathtaking turquoise body of water formed inside a volcanic crater. The lake's color and the surrounding Andean scenery provide perfect photo opportunities. Afterward, you'll head to Baños, a town known for its hot springs and as the entrance to the Amazon. Baños is famous for its adventure sports and lively atmosphere, so expect excitement as you settle into your new surroundings.

Included: Breakfast, private transportation to Baños with a visit to Quilotoa crater lake, overnight in dorm, guide.



DAY 5

BAÑOS



Immerse yourself in local culture today with four hours of Spanish lessons, giving you a solid foundation in the language. Afterward, step onto the dance floor for an intense salsa class where you'll pick up the moves to dance like a local. As evening falls, you'll have the opportunity to explore Baños' nightlife, hitting up local bars and clubs where you can put your new salsa skills to the test.

Included: Breakfast, 4 hours of Spanish classes, 1 hour of salsa lessons, overnight in dorm, guide.

DAY 6

BAÑOS



Adventure awaits as you wrap up your morning Spanish lessons and head out for an exhilarating mountain biking excursion. You'll ride through landscapes to the iconic Pailon del Diablo waterfall, one of Ecuador's most dramatic and beautiful cascades. The path also takes you to Rio Verde, offering another chance to explore the natural beauty surrounding Baños. Prepare to get soaked and experience the thrill of the ride.

Included: Breakfast, 4 hours of Spanish classes, bike rental, overnight in dorm, guide.



DAY 7

BAÑOS



After a morning of Spanish classes, the afternoon is yours to explore Baños at your leisure. You could continue your adrenaline-filled adventures with activities like zip-lining or canyoning, or simply relax and soak in the local culture by visiting cozy cafes or thermal baths. The relaxed vibe of Baños makes it the perfect spot for unwinding or continuing your explorations.

Included: Breakfast, 4 hours of Spanish classes, overnight in dorm, guide.



DAY 8

BAÑOS



The thrill continues with a canopy bridge excursion today, where you'll test your courage as you traverse the treetop bridges suspended over the lush jungle. The adrenaline rush will be matched by the stunning views of Baños from high up. Since it's your last night in Baños, you'll have one more chance to enjoy the town's lively nightlife, perhaps trying some local drinks or dancing into the night.

Included: Breakfast, canopy excursion, overnight in dorm, guide.

DAY 9

PUYO



In the afternoon, you'll leave Baños and embark on a scenic journey to Puyo, located on the edge of the Amazon rainforest. As you travel, the landscapes will shift dramatically from mountains to dense jungle, and the air will become warmer and more humid. Upon arriving at the Amazon Rescue Center, you'll be introduced to the staff and the animals, marking the beginning of a deeply immersive experience in wildlife conservation.

Included: Breakfast, private transportation to the Amazon Rescue Center, overnight in dorm, guide till arrival.



DAY 10

PUYO



Your first day of volunteering at the Amazon Rescue Center kicks off with an introduction to your tasks and the animals you'll care for. You'll assist in feeding and looking after the rescued wildlife, learning about the center's important mission to rehabilitate animals.

The setting is peaceful, and your work here will make a direct impact. Meals will be provided to keep you fueled throughout your hands-on work.

Included: Breakfast, lunch, dinner, welcome meeting and introduction for the volunteering work, overnight in dorm, project coordinator.



DAY 11 to DAY 14 PUYO



For the next few days, you'll fully immerse yourself in the daily routine of the rescue center. From cleaning cages to assisting in rehabilitation tasks, you'll work closely with the animals and the center's dedicated team. This experience will deepen your understanding of conservation efforts in the Amazon while giving you the chance to form strong bonds with fellow volunteers.

Included: Breakfast, lunch, dinner, volunteering work, overnight in dorm, project coordinator.

DAY 15 & DAY 16



PUYO

Enjoy a well-deserved break over the weekend. You can relax at the rescue center or take time to explore the nearby town of Puyo, where you can visit local markets or enjoy Amazonian cuisine. These two days offer you the chance to recharge before diving back into your volunteer work.

Included: Overnight in dorm



DAY 17 to DAY 21 **PUYO**

Your volunteer work continues this week as you contribute to the center's operations, from animal care to facility maintenance. Each day brings new experiences and opportunities to learn more about the wildlife and the efforts to protect them. By now, you'll have a routine in place and feel more connected to the animals and your surroundings

Included: Breakfast, lunch, dinner, volunteering work, overnight in dorm, project coordinator.



DAY 22

MONTAÑITA



After breakfast, you'll say goodbye to the Amazon and head to the coast, specifically to Montañita. This seaside town is famous for its surf culture and lively atmosphere. The long travel day will take you through varying landscapes as you head west to the coast, where you'll settle into your hostel and enjoy the laid-back beach vibes.

Included: Private transportation to Montañita, overnight in dorm, guide

DAY 23

Today is your first free day in Montañita, a perfect opportunity to soak up the sun on the beach or explore the vibrant local scene. You can relax, swim in the ocean, or discover the town's many surf shops and cafes. It's a day to unwind and enjoy the coastal lifestyle after the intense days in the Amazon.

Included: Breakfast, overnight in dorm, guide.



MONTAÑITA



DAY 24

MONTAÑITA



Your rejuvenating beach experience begins today with a morning yoga session followed by a two-hour surf lesson. Montañita is one of Ecuador's best surf spots, so even beginners will find the conditions ideal to learn. Whether you catch your first wave or simply enjoy the experience, the combination of yoga and surfing will leave you feeling relaxed and accomplished.

Included: Breakfast, 1 hour of yoga lesson, 2 hours of surf lessons, overnight in dorm, guide.



DAY 25

MONTAÑITA



Continue your yoga and surf routine today with another morning yoga session and two more hours of surf lessons. The relaxed pace of Montañita allows you to fully enjoy the simple pleasures of beach life, whether you're out on the waves or practicing mindfulness on the shore.

Included: Breakfast, 1 hour of yoga lesson, 2 hours of surf lessons, overnight in dorm, guide.

DAY 26

MONTAÑITA



On your final day of surf lessons, you'll hone the skills you've developed over the past few days. After another two hours in the water, take time to relax on the beach or explore more of Montañita's eclectic shops and cafes. It's the perfect blend of adventure and relaxation.

Included: Breakfast, 2 hours of surf lessons, overnight in dorm, guide.



DAY 27

MONTAÑITA



Today is dedicated to giving back to nature at the nearby Las Tunas community. You'll participate in beach-cleaning activities, monitor turtle nests, and possibly join a special mission to protect the environment. This rewarding day of volunteering offers a chance to make a meaningful impact on Ecuador's coastal ecosystem.

Included: Breakfast, lunch, public transportation to and from Las Tunas, volunteering activities, overnight in dorm, guide.



DAY 28

MONTAÑITA



Embark on an unforgettable day trip to Isla de la Plata, an island famous for its striking resemblance to the Galapagos in terms of biodiversity. Known as the "Poor Man's Galapagos," the island is a haven for wildlife lovers, home to species like blue-footed boobies, frigate birds, and even albatrosses. As you hike along its trails, you'll be treated to stunning views

and up-close encounters with the island's inhabitants. If you're lucky, between June and October, you might even witness the majestic humpback whales that pass through these waters.

Finish the day snorkeling in the crystal clear waters, teeming with colorful fish and possibly even sea turtles.

Included: Breakfast, lunch, public transportation to and from Isla de la Plata, entrance fee, guided tour, snorkeling gear, overnight in dorm, guide.

DAY 29

MONTAÑITA



Your final full day in Montañita can be spent however you choose. Whether you want to catch a final wave, practice some more yoga, or just relax with your new friends on the beach, the day is yours to enjoy. As the sun sets over the Pacific, celebrate the conclusion of your Ecuador adventure with a farewell dinner. This is a chance to share memories and highlights of your trip with fellow travelers, marking the end of an incredible month in Ecuador.

Included: Breakfast, farewell dinner, overnight in dorm, guide



DAY 30



After breakfast, it's time to say goodbye to Ecuador. You'll be transferred back to Guayaquil for your flight back to Quito. Taking with you unforgettable memories of an incredible adventure through some of the most diverse and beautiful regions of the world. From the highlands of Quito to the Amazon rainforest and the Pacific coast, we hope your journey will have left you with a deep appreciation for Ecuador's natural wonders and cultural richness.

Included: Breakfast, private transfer to your accommodation in Quito, overnight in dorm if needed for late flights.

TRAVELLING
RESPONSIBLY



- PRIVATE TRANSFER FROM QUITO AIRPORT TO YOUR HOSTEL
- WELCOME DINNER.
- BILINGUAL GUIDE DAY 1 TO 9 AND FROM DAY 21 TO 30.
- PUBLIC BUS DAY 2 FOR CITY TOUR, DAY 27 FOR VOLUNTEERING DAY, DAY 28 TO GO TO PUERTO LOPEZ AND BACK.
- PRIVATE TRANSPORTATION DAY 1, 3, 4, 9, 22.
- VOLUNTEERING AT THE BEACH ON DAY 28 WITH LUNCH.
- DAY TOUR ISLA DE LA PLATA WITH LUNCH INCLUDED.
- 29 NIGHTS BASED IN DORM WITH BREAKFAST INCLUDED
- 2 VOLUNTEERING WEEKS AT AMAXON RESCUE CENTER INCLUDED MEALS DURING THE WEEK (NO MEALS INCLUDED ON WEEKENDS)
- 2 HOURS YOGA CLASSES.
- 6 HOURS SURF CLASSES.
- CANOPY EXCURSION
- BIKE RIDE IN BAÑOS
- 1 HOUR SALSA LESSON
- 12 HOURS OF SPANISH LESSONS
- BIKING COTOPAX
- VISIT QUILOTOA CRATER LAKE
- FAREWELL DINNER



WHAT IS INCLUDED

WHAT IS NOT INCLUDED

- OTHER MEALS NOT MENTIONED AT THE PROGRAM.
- BEVERAGES
- TIPS
- OTHER EXPENSES



DATES 2024

• MARCH 1ST

• NOVEMBER 8TH



GALAPAGOS EXTENSION – SAN CRISTOBAL



DAY 30



After enjoying breakfast, you will be transferred from Montañita to Guayaquil Airport to catch your flight to San Cristobal in the Galapagos. Upon arrival, our local agent will meet you at the airport. For a more

eco-friendly experience, you will take a short walk to your hotel, where you will receive a warm welcome. Later, you'll embark on a guided walking tour of Baquerizo Moreno, the charming town on San Cristobal, giving you a closer introduction to the island's culture and scenery. After lunch, relax at the beach among playful sea lions before participating in a special welcome activity. This includes setting intentions and a relaxing meditation session. As the sun begins to set, unwind with an unforgettable yoga session, the perfect way to conclude your first day in paradise.

Included: Transfer from Montañita to Guayaquil airport, welcome lunch, yoga intention setting and meditation session, accommodation in a triple room with breakfast.



DAY 31



Begin your day with a refreshing yoga session to embrace the island's peaceful vibes. In the afternoon, take to the waves with an exciting surf lesson, learning how to ride them like a local. As the sun sets, your local guide will give you a glimpse into the quieter side of island life. Monday nights may be calmer, but you'll still get a sense of the local culture and its connection to the stunning surroundings.

Included: Yoga session, surf lesson, and accommodation with breakfast.

DAY 32

The morning brings another thrilling surf lesson, as you build on your skills and deepen your connection with the ocean. After a leisurely afternoon of free time, unwind with a peaceful evening yoga session, helping you center your body and mind before another night on this remarkable island.



Included: Yoga session, surf lesson, and accommodation with breakfast.



DAY 33



After breakfast, you'll embark on an adventurous day trip to Kicker Rock, a magnificent lava formation rising from the ocean. A boat tour around the rock will give you a chance to spot diverse bird species before jumping into the waters for a snorkeling experience like no other. As you swim through the channel between the rocks, be prepared to encounter sharks, sea turtles, rays, and

possibly even hammerhead sharks.

Afterward, relax at Manglecito beach before returning to Puerto Baquerizo Moreno for the evening.

Included: Full-day Kicker Rock snorkeling tour with lunch and accommodation with breakfast.

DAY 34

Today is all about personal growth as you start the day with an empowerment workshop designed to inspire and uplift you. In the afternoon, enjoy another surf session and ride the waves with the confidence gained throughout your journey.



Included: Empowerment workshop, surf lesson, and accommodation with breakfast.



DAY 35

As your time in paradise continues, immerse yourself in a morning yoga session followed by surf lessons in the afternoon. Experience the joy of living in tune with nature as you reflect on the wonders of the Galapagos, where Darwin's theory of evolution comes to life before your eyes.



Included: Yoga session, surf lesson, and accommodation with breakfast.



DAY 36



With your final full day in San Cristobal, enjoy free time to explore at your own pace or relax on the island's stunning beaches. In the evening, you'll be treated to a farewell dinner and a closing ceremony that will leave you with lasting memories of your time in the Galapagos.

Included: Closing ceremony, farewell dinner, and accommodation with breakfast.

DAY 37

It's time to say farewell to the Galapagos. After breakfast, you'll be transferred from your hotel to the San Cristobal airport, where you'll board your flight home, taking with you unforgettable memories of this extraordinary adventure.



Included: Empowerment workshop, surf lesson, and accommodation with breakfast.



WHAT TO CONSIDER

- **Arrival Airport:** Quito (UIO)
- **Insurance:** Travel/health insurance is highly recommended
- **Weekly Budget:** We recommend \$100 USD per week for additional meals and additional tours.

WHAT TO BRING

- A small backpack to carry around your personal belongings
- Comfortable clothing (shorts, T-shirts, shirts)
- Long sleeve shirts and t-shirts
- Quick drying trousers.
- A fleece/jumper for the evenings.
- Rain jacket.
- Towel.
- Hiking shoes for various activities
- Rubber boots (you can buy it in Quito before going to the project; when you have shoe size more than 40 better to bring it with you)
- A hat for sun protection
- Sunscreen with a minimum factor of 50
- A bathing suit for swimming
- Sunglasses
- Insect repellent to keep bugs away
- Power converter for 110v sockets
- Pocketknife
- A sleeping bag is not necessary but recommended.
- Flashlight/headlight
- Travel documents (passport, copy of medical insurance, personal medication information)



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