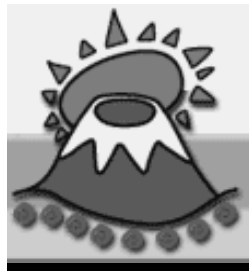


UNIVERSITY OF IDAHO
ORIENTATION
HANDBOOK

STUDY ABROAD
PROGRAM IN ECUADOR



PONTIFICIA
UNIVERSIDAD
CATÓLICA DEL
ECUADOR.

Quito, 2011-2012

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Police: 101

Fire: 102

Ambulance: 131

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HOSPITAL METROPOLITANO:
226-1520

AMBULANCE SERVICES:

Adami: 226-5020
Utim: 256-2614
Medicomovil: 223-2573

MED EVAC:

Air Ambulance: 222-3692
Ecuavia: 246-8216 /246-9902

**STATE DEPARTMENT
CONSULAR INFORMATION**

SHEET: travel.state.gov

Welcome to Ecuador!

Welcome to Quito, the capital of Ecuador, located in the Andean mountain range. Quito is at an altitude of 9,300 feet above sea level. Quito occupies a valley about 10 miles long by 3 miles wide, extending to the west along the foothills of the Pichincha volcano. On clear days snow-capped mountains are visible on all sides of the city. Striking contrasts are evident between the old, southern and central sections where the architecture is Spanish colonial constructed over indigenous ruins, and the newer northern section with paved streets and high rise modern buildings. Quito is a large city, with a population of almost 2 million.

Although the equator is only 15 miles north of the city, the high altitude produces a cool, pleasant climate. The average year-round temperature is around 55 degrees Fahrenheit, but can fluctuate greatly within one day. When the sun is out mid-day it is very hot, but may rain and cool down in the afternoon. By evening it can get very cold. The sun rises and sets throughout the year at 6:00, with no great change of seasons, except for rainy and dry seasons. The rainy season usually starts in October and ends around May. The dry season is July, August, and September; although it may rain during the dry season and may be dry during the rainy season. Be prepared by layering clothes and by always carrying a jacket and/or sweater everyday. The equatorial sun is very strong, so wear sunscreen everyday as well. For more information on Ecuador, the Internet is an excellent resource.

THE UNIVERSITY

You are going to be attending the Pontificia Universidad Católica del Ecuador (PUCE), or La Católica, as it is commonly called. You will find La Católica, a small private university, much different from larger, public universities in the US. The university has a modern campus and is located in the downtown district of Quito. It has an enrollment of approximately 5,000 students. You will not spend most of your time on campus, as you might in the US. There are no dormitories and most students live at home with their families. The student body is primarily upper middle class, and is known for having one of the better academic systems in the country. There are lots of sports, climbing, environmental and other clubs at La Católica, which is a great way to meet people and practice your Spanish as well.

Depending on your schedule, University of Idaho students will be taking the intensive Spanish class in the mornings, but will have most afternoons free for volunteer work. You will also be required to attend the Global Ethics-Service Learning course facilitated by the Resident Director which will generally be held one afternoon a week (Mondays, 14:00 -17:00) and will include field trips and community service work. Not only because your Spanish class will be only foreigners, but also because your Global Ethics-Service Learning course's requirements, it is necessary that you get involved in the clubs on campus and find a volunteer position or internship in the afternoons. This will help you meet more Ecuadorians, improve your Spanish language skills and experience social justice first hand.

Resident Director of the University of Idaho Program:

The Resident Director is here to make your time in Ecuador go smoothly. The RD will facilitate a 3 credit Global Ethics-Service Learning course for U of I students each semester, as well as meet with students periodically to make sure everything is going well with your host family and with your academics. The RD will also contact host families periodically to see how they are doing with the student they are hosting. The RD serves as a liaison between the students, the host families, PUCE, and University of Idaho. The RD will also plan group excursions and is on-call 24 hours a day for emergencies.

Classes:

It is expected that you will show up on time to your class even if your professor does not. Please dress neatly, do not put your feet up on the desk and no food or drink in the classroom (including chewing gum). There will be a break and there is a café in the courtyard to buy drinks and snacks.

Grading:

La Católica's grading system is numerical, 1-50. It translates to U.S. grades:

45-50.....A
44-40.....B
39-35.....C
34-30.....D
1-29.....F

However, the University of Idaho takes PUCE credit as Pass/Fail transfer credit. They only affect your overall GPA if you fail a course. If you are a non-University of Idaho student, your home school may accept the PUCE credit differently.

Credit Transfer:

Students will be given 9 credits for each 8-week Spanish session. If the student is in Level One, he/she will receive 100 level credits and in Level Two will receive 200 level credits. If the student is in Level Three or above, he/she will receive 300 level credits.

Computers & Email:

There are computer labs available for your use at the university. You will receive your student ID card and password to be able to enter the system and for your email address. There is a lab in the basement under the dome. There may be long lines and the Internet connections are often slow. You will also have to bring your own paper to print out documents there.

Orientation Sessions:

First Semester: 2011 (August 4th and 5th) with UI Program Director
 2011 (August 8th and 9th) with the International Office (DRI).

Second Semester: 2012 (January 5th and 6th) with UI Program Director
 2012 (January 9th and 10th) with International Office (DRI)

During these days you will get some information about Ecuadorian culture and society and class information to prepare you for your time in Quito and PUCE. Besides the International Office's orientation, the Resident Director will conduct Introductions and a welcome to U of I's Study Abroad Program in Ecuador, review of schedules, handbook and expectations, burning questions and fears for the time in the country.

Regular Classes:

You must test into at least Level Five to take most Regular Classes at PUCE. There are often other classes available for lower levels; check with the RD. The Regular Class schedule is different from the Intensive Spanish classes, with the first semester running from August 15 until December 16, and second semester going from January 16 until May 19. Application Deadline for first semester is First Week of June and First Week of December for the Second Semester.

Intensive Spanish Class:

For those students on the program for the whole year, they will take two eight-week intensive language sessions in each semester. Once you are in Level 6, you may take a Proficiency Exam. There is a lot of paperwork to complete, so start the process early. The Spanish class meets Monday through Friday, from 9:00 am to 12:15 pm.

Fall Semester:

First Term (or Cycle):
 August 15 – October 7

Second Term:
 October 17 to December 16

Spring Semester:

First Term:
 January 16 to March 9

Second Term:
 March 19 – May 18

Directed Learning Course: Global Ethics and Social Responsibility. The Ecuadorian Experience

The University of Idaho sponsors a three credit semester long course: "Global Ethics and Social Responsibility: The Ecuadorian Experience", for fall and spring semesters taught by the Resident Director. This course is mandatory for University of Idaho Students even if you choose not to receive the credit for the course at the UI. The course is composed of three components: 1) Cross Cultural Learning 2) three academic tracks emphasizing Global Ethics and Social Responsibility Issues, and Social Issues and 3) Service Learning. The course uses innovative means to encourage student involvement in their learning process while in Ecuador. Techniques such as community work, and volunteerism, student reflection and investigation, field work, as well as academic lectures, readings and discussions are employed throughout the study abroad experience. Each semester the Resident Director will arrange a week long trip to a community based project where students will participate in a volunteer project

identified by the community. The first visit will be to a community based project in the western Cloud Forest region. The second semester's trip will be to a project in the Ecuadorian Amazon region. Other shorter trips maybe arranged as well based on student interests and time. Students will be asked to arrange a volunteer placement while taking classes in Quito and complete 45 hours a semester of volunteer work. The Resident Director is available of assistance in finding and arranging this placement based on student interest and organizational requirements.

Extracurricular Activities:

Depending on each student's personal interests, various after school activities can be arranged to provide more social and physical outlets and opportunities for interacting with Ecuadorian peers. PUCE women's/men's soccer team; PUCE mountaineering club; ceramics or photography class; work with environmental organization; or yoga class are examples of possibilities.

ECUADORIAN NATIONAL HOLIDAYS:

August 10 – Independence Day

October 9 – City of Guayaquil Independence Day

November 2&3 – Día de los Difuntos (Day of the Dead). This holiday is celebrated by some people going to the cemetery and eating *colada morada* and *guaguas de pan*. NO SCHOOL

December 5-6 – Fiestas de Quito. Celebrated in Quito with street parties and special food and drink. **NO SCHOOL**

December 24 – Noche Buena (Christmas Eve)

December 25 – Navidad (Christmas)

December 31 – Noche del Año Viejo (New Year's Eve); Celebrated by burning effigies of the old year.

January 1 – New Year's Day

February–Monday and Tuesday before Ash Wednesday is Carnival. In Ecuador Carnival is celebrated with water
NO SCHOOL

April Thursday 12 – Monday 16. Semana Santa (Easter). Days of vacation with religious ceremonies and processions in the streets and a special dish called *fanesca*. . **NO SCHOOL**

May 1 – May Day (Día del trabajo)
NO SCHOOL

May 24 – Battle of Pichincha

June – Fiestas de San Juan

Note: Actual vacation days may differ than the holiday. As to provide long weekends, check schedules.

IMPORTANT INFORMATION ON HOW TO REGISTER YOUR VISA AND OBTAINING A CENSO CARD (ID CARD)

You must complete the full process of going to the “Dirección de Extranjería” and the “Policia de Migración” within **30 days** of entering Ecuador.

DIRECCIÓN DE EXTRANJERÍA

1. Purchase a folder with a clip (*carpeta con bincha*) to insert your documents into. You also need a large manila envelope (*sobre manila*) that is large enough to hold the folder. These can be purchased at any *papelaria*.
2. Make copies of your passport (3), including first page, visa page, and entrance airport stamp. **Keep the 2 for your records.** Bring 1 to Extranjería.
3. You will need your original visa certificate (*certificado de visación*: has your picture in the corner) to insert in the folder along with one copy of your passport pages.
4. You will need a letter from PUCE stating that you are a registered student (to be given to you by your Resident Director) also inserted in the folder.
5. On the front of the manila envelope write your:

Full name
Nationality
Type of visa (12-8)
Host family’s address
Telephone number
6. You will need to bring \$10.00
7. Take the copies in the folder, the envelope and your passport to:
Dirección de Extranjería
San Ignacio 207 y San Javier
Tel. 255-2750
8. You will leave your documents and your passport for a few days, so **make sure you keep a copy of your passport with you.**
9. After you give your documents to the appropriate person, you will be given a receipt that you will need to pick up your passport. This (green card) you take to the accountant who will give you a request form for the \$5, which you then take to Banco Internacional (on 6 de Diciembre Av.).
10. At the bank fill out a deposit slip and deposit the money.
11. You will need to make copies of the deposit receipt and of the request for money sheet to take back up to Extranjería. They will then tell you what day to return to pick up your passport.

12. Once you have your passport with your new stamp, you are ready to get your censo card at the Policía de Migración.

Hours of operation: 8:30 am – 11:00 am.

POLICÍA DE MIGRACIÓN

Hours of operation: 8:00am- 12:00am AND 3:00pm- 6:00 pm.

1. You need:

- 3 small photos
- Letter from PUCE stating that you are a student there
- A typed, signed letter from your host family stating that you are living with them, including your address
- A copy of your host mother's *cedula* (ID card)
- Your passport
- \$ 4
- A manila envelope (blank)
- Copies of your passport photo page, visa page, entry stamp, and new stamp from Extranjería

2. Take all these items to the **POLICÍA DE MIGRACIÓN**:

Av. Amazonas y República (In front of the mall El Jardin)
Tel. 2412363 y 2412364

Go to the Censo office. Find out the instructions on how to pay the fee. Expect to wait in line a bit. You will receive your census card right then. You should then take it to get it laminated.

Your CENSO is your ID while in Ecuador. You should always carry it with you, plus a copy of your passport. **DO NOT CARRY AROUND YOUR PASSPORT, unless you are traveling.**

If you lose your censo, you need to go to the police (Comisaría Av. 10 de Agosto N14-15 y Tarqui) to get a statement that it is lost (Denuncia por pérdida) and take it back to the Policía de Migración with \$4, your passport and 2 photos.

YOU MUST ALSO REGISTER YOUR PASSPORT AND ADDRESS WITH THE US EMBASSY.

HEALTH ISSUES

A. Altitude

Because of the altitude in Quito, you may feel slightly winded, experience shortness of breath, and feel dizzy and/or nauseous until you've adjusted. This adjustment can take a couple of weeks, so make sure to drink plenty of water (dehydration is more common at high altitudes), avoid alcohol and caffeine, and don't push yourself. You may also notice a change in appetite and a disturbed sleeping pattern. These symptoms can all be attributed to the altitude, so take it easy, give it some time, and your body will get used to it.

The sun is very strong in Ecuador, you should use sunscreen daily, especially on your face.

B. Water

Tap water is unsafe to drink. Bottled or boiled water should be used for drinking water. Your family should provide you with this. Ice cubes should also be avoided. When traveling *outside* Quito you should brush your teeth with bottled water in the hotel. Make sure the bottled is sealed when you buy it.

C. Food

Do not eat food sold on the street in Ecuador. Avoid all raw or undercooked fish, shellfish, and meat. Do not drink juices on the street or in markets. Milk in bags is usually boiled to be able to drink it. Milk in boxes is UHT (ultra heat treated) so is safe to drink. Restaurants are fine if you are careful what you eat. Try to avoid raw vegetables.

Remember: Cook it, Boil it, Peel it, or forget it!!!

D. Gastrointestinal Problems

Diarrhea, nausea, vomiting, abdominal pain and cramping are common. In Ecuador there is a high incidence of "traveler's diarrhea." It is a self-limiting diarrhea lasting from a few to several days. This usually requires no treatment other than fluid replacement which would include Oral Rehydration Treatment (sold in pharmacies as "*suero oral*") or home-made solutions: 1 teaspoon salt, ½ teaspoon baking soda, and 2-3 teaspoons sugar in 1 liter clean water. Pepto Bismol and certain antibiotics can prevent the infection, but it will usually clear up on its own.

One suggestion, besides drinking lots and lots of fluids is to stick to a B.R.A.T. diet: Bananas, Rice, Apples, and Toast.

More serious diarrheal illnesses may be due to giardia and amoebic dysentery (parasites) or bacillary dysentery (bacteria). These are caused by contaminated food and water, so please follow the food and water guidelines above. If diarrhea does not go away after two days, is bloody, or is accompanied by a high fever seek immediate medical attention.

E. Dog Bites

Be careful of the street dogs in Quito. If you get bitten you must get a rabies vaccination right away, unless you can prove that the dog has been vaccinated.

F. Sexual Health (AIDS)

As you know, the HIV-virus and all other sexually transmitted diseases are prevalent everywhere in the world. If you are sexually active: beware, be smart, be safe, and always use a latex condom if you engage in penetrative sex of any kind.

G. Malaria

Malaria is found in Ecuador at altitudes below 1500 meters (the Amazon, and the Coast). It is not a problem in Quito, but you should take precautions if you plan on traveling outside of Quito to areas below this altitude. Larium (mefloquine) is one of the prophylaxis recommended by the CDC. They also recommend Malarone (atovaquone & proguanil) which is taken once a day and for seven days after being in a malarial area. However, they are not available in Ecuador. Instead you can buy chloroquine (also taken weekly) under the brand name of “Aralen” in local Quito pharmacies. The Aralen is taken in 500mg tablets once a week and for 4 weeks after being in the area. Doxycycline is also an option: take 100mg once a day and for 4 weeks after (it causes sensitivity to sun).

The following measures should be followed to prevent mosquito bites:

- Wear long sleeve shirts and long pants, especially at dusk & dark.
- Use mosquito netting over bedding.
- Use insect repellent with 30-40% DEET on your skin (no higher).
- Use insect repellent on clothes and netting.

If you experience flu-like symptoms after you have been in a malarial area, contact a doctor immediately.

H. Immunizations

Center for Disease Control recommendations, 4-6 weeks before travel (www.cdc.gov):

1. Hepatitis A
2. Hepatitis B
3. Rabies
4. Typhoid
5. Yellow Fever
6. Tetanus- diphtheria boosters
7. Measles boosters

SAFETY

Like other big cities, there are areas of Quito that you should avoid, and you should always be aware of your surroundings. You need to use common sense and be street smart. Don't take any unnecessary risks. Do not walk alone or take buses alone at night – especially women. Be very careful of wallets or purses in the bus or trolley. Never carry your passport unless you need it for changing traveler's checks. Don't wear fancy watches or gold jewelry. Remember that as a gringo you are an obvious target.

If you go into Colonial Quito (*El Centro*) either wear your backpack on the front or don't bring it at all. Don't go into the parks after dark (especially *La Carolina*, *El Ejido*, *Alameda*). Be **VERY** careful in *La Mariscal*, which is the main nightlife area in Quito. Crime has increased in this area recently. The central bus station in Quito (*Terminal*

Terrestre) is not a safe place to be although steps have been taken to provide travelers with more security try not to be there alone or at night and to never leave your bags. Another dangerous places is: The foothills of *El Pichincha* mountain. **DON'T HIKE UP PICHINCHA FROM QUITO!!!!** If you want to go up the mountain take advantage of the newly opened lift.

Your chances of being robbed increase proportionally to your level of intoxication. If you decide to drink, please do so moderately.

If you see political demonstrations avoid them. Tear gas and rock throwing may be present.

Women: You may hear catcalls as you walk down the street. This is normal, just ignore them. It is part of the *machista* culture and has a long tradition going back to *piropos*, when men would yell out clever sayings to beautiful women walking by (and women didn't feel pretty unless they were yelled at). Please be careful of "gringa chasers" or *bicheros*, men who make a living off of dating gringas (get their food and traveling paid for). They mostly hang out in the touristy areas and bars. Never walk alone at night!

WARNING: INFORMATION ABOUT THE DRUG "SCOPOLAMINE"

Scopolamine is a drug used by thieves and criminals in Ecuador. This drug is given orally (mixed with a drink) or through the skin (with a paper or a business card) it can also be administered in a light power form blown into your face. A person that takes scopolamine will lose all his/her willpower, and will basically do anything he/she is asked for. This drug also causes a loss of memory that can last for up to 48 hours.

This is pretty scary but if you use your common sense and avoid dangerous situations, you can reduce the risk down to zero. What to do?

- Don't talk to strangers on the street, even if they seem to be the nicest persons.
- Don't accept anything from a stranger (drinks, business cards, packets, etc...)
- Be very careful when you go to "La Mariscal" and go always with a group of people
- At bars, never leave your drink "unattended". Always take it with you and go with a group of friends.
- Always buy your drink yourself, don't accept a drink at a bar from someone else, not even from someone you think you know.
- Be careful, use your common sense and try to always be with a group of friends.

For more information on safety, you can look at the Consular Information Sheet for Ecuador: <http://travel.state.gov/ecuador.html>

ILLEGAL DRUGS

Existing legislation in most foreign countries regarding the use or possession of marijuana, cocaine, and other illegal drugs imposes very severe penalties. Neither the U.S. Embassy nor the study abroad office is able to exercise effective pressure to moderate these penalties. In short, no one is going to be able to bail you out of an

Ecuadorian jail if you or someone you are with is caught with drugs. Prison conditions are sub-standard.

Associating with suspected drug users or sellers, even if you are not actually taking drugs, could result in you being arrested or detained. Such associations can also create conflict between you and your host family, with one possible result being that they request you leave their home. Please stay clear of anyone engaged in the use of drugs, and away from parties where drugs might be available.

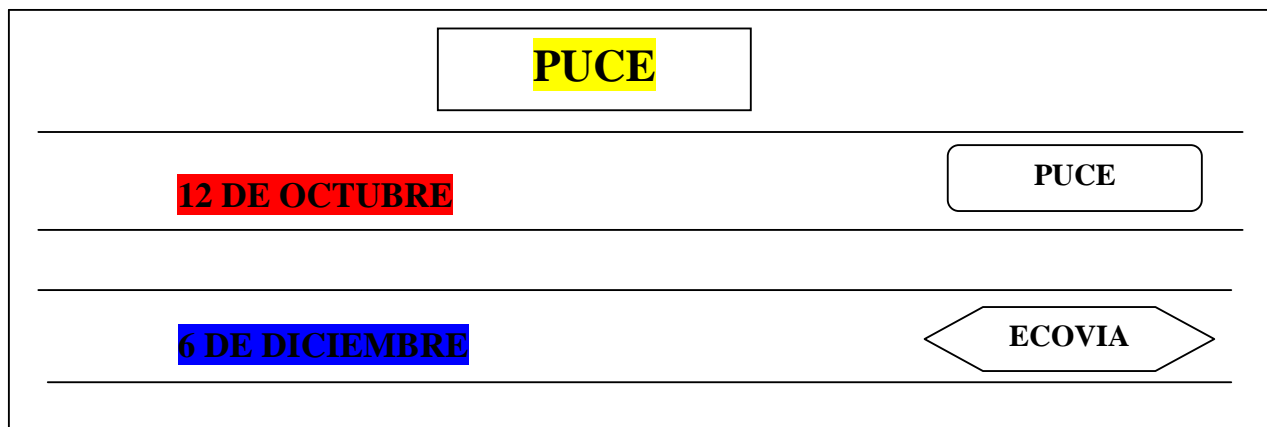
The legal drinking age in Ecuador is 18, but drinking can put you in extremely dangerous situations. If you drink, for your personal safety, drink with moderation. Exchange students have been robbed, in fistfights and lost the respect of their host family for excessive drinking. Don't do it!

Use or possession of illegal drugs (including marijuana) while on the program will result in the student being sent home without a refund.

TRANSPORTATION, TRAVEL & TAXIS

Public transportation in Quito is inexpensive, fast, and the buses go almost ANYWHERE! You should know that there are no fixed bus schedules (except for buses that leave the *Terminal Terrestre* for destinations outside of Quito), but city buses run very frequently and you will be able to flag one down. Do not get on or off of the bus until it comes to a complete stop (it takes years of practice to jump on or off). On some buses, you pay when you board, and on others you pay when you get off. To get off the bus, walk towards the door and say, "Gracias!" until the bus comes to a complete stop. Always watch your belongings on the bus. Ask your host families which is the bus to take to school, as well as other common routes to get around town. (As of May 2003 the bus cost .25 cents)

The **Trole** is also a good way to get from north to south along Av. 10 de Agosto. Again, watch your belongings. The **Ecovia** runs north-south along Av. 6 de diciembre. The **Metrovia** runs north – south along Av. America. There are various terminals where "feeder" buses will take you to one or the other of the transportation lines, they are called *alimentadores* and if you never leave the terminal when changing then you only get charged once. Buses going to the eastern valleys of Cumbaya and Tumbaco leave from a terminal on the street called Rio Coca between Eloy Alfaro and 6 de Diciembre.



AMAZONAS

“GRINGOLANDIA”

10 DE AGOSTO

TROLEBUS

AMERICA

METROBUS

At night always take taxis. You can flag one down, but make sure it has a license plate and a number on the side. Another option is to call a taxi to pick you up: 2568-365, 2220-800, 2222-999, 2222-222, 2666-666. Most taxis are equipped with taximeters or “*taximetro*,” but at night, especially, it is common to negotiate a price before getting in (about .30 a kilometer). Become familiar with the prices to the places that you normally go to and insist on that price (a little higher at night) and also insist on your change.

Traveling in Ecuador:

Do not travel alone, and take even more precautions than you would in Quito with the food and safety. You will be in unfamiliar places and need to be aware. **WHEN YOU TRAVEL YOU MUST TELL YOUR HOST FAMILY AND THE RESIDENT DIRECTOR YOUR PLANS.** Make sure you know where you are going before you go, the guidebooks are excellent resources for traveling in and outside of Ecuador. Carry money in various places on your body, do not put it all in one place. Always have your ID documents on you as well. Be wary of strangers and never hitchhike. Be careful of the person next to you on the bus and always watch your luggage. It is not very safe to travel by night in Ecuador. The *Terminal Terrestre* can be reached by getting off at the *El Cumandá* Trole station in Quito.

MONEY

Now that Ecuador is “dollarized” and so all prices are in dollars. It’s hard to know whether this will help the economy or not, but it is done and we’ll just have to wait and see what happens...

Traveler’s checks are an acceptable way to carry money, but a lot of banks don’t change traveler’s checks, so you have to go to a money change establishment (*Casa de Cambios*). Unfortunately they charge between 1-3% commission to change them. You might want to have some Traveler’s checks for emergencies. Another possibility is to use your ATM card or credit card to take money out from your home bank, which also charges a fee. Look for ATMs in Quito that show either the symbol of your credit card or the network it is part of. There is an **American Express** office (*Jorge Washington y Av. Amazonas*) where you can buy traveler’s checks against your American Express card if you need to. It is possible to write checks in dollars from US banks, but it takes

at least 15 days for them to clear through an Ecuadorian bank account so please be careful to let people know that if you write them a check. At the **Banco de Guayaquil** (*Av. Colon y Riena Victoria*) on the second floor you can get a cash advance on your **Visa** card.

You should not carry around large sums of money with you. It is easier to get change if you use smaller bills and coins.

COMMUNICATIONS (POST OFFICE, TELEPHONE, ETC.)

Telephone: All phone numbers in Quito have an extra 2 in front of the number. Cell phones have an extra 9 in front. Making international calls from Ecuador is quite expensive from home phones without a calling card but from an office of Andinatel it is less expensive. The best way is to tell your family your phone number in Quito and have them call you from the U.S. Obviously you should not make international calls from your host family's phone. You can use calling cards and make collect calls by calling:

AT&T operator: 999-119
MCI operator: 999-170
SPRINT operator: 999-171

Be careful not to use the phone too much at your host family's house, even local calls cost money and cell phone calls are really expensive. The best way to call cell phones is to get a pre-paid phone card to use either at the "Movistar" or Porta public phones on the street. You can also invest in a prepaid cell phone for around \$35 and buy calling cards for \$2 up to \$10 at a time.

Another way to make calls is through the Internet at any Internet café.

Andinatel Offices:

- Carrion y 12 de Octubre (near PUCE)
- Av. 6 de Diciembre y Colón
- Juan León Mera y Veintimilla
- 10 de Agosto y Colón

Post Offices: Post Offices are open from 9am-5pm, Monday-Friday (usually). Stay to watch the postal worker put the stamp on your letter or postcard!

- 12 de Octubre N17-124 y Alejandro Andrade (near PUCE)
- Colón y Reina Victoria
- Eloy Alfaro y 9 de Octubre (main branch)

The Ecuadorian postal system is usually reliable, although sometimes slow. Make sure if someone sends you a package from the U.S., not to put a value on it, as you will have to pay a hefty import tax on it. You can receive mail at your host family's house. You will notice that there are two types of addresses. One is the old system (a number: 327) or the newer system (N47-134). If you have important documents or packages that you need to send, they can be sent to the Resident Director's office at PUCE:

Pontificia Universidad Católica del Ecuador
Dirección de Relaciones Internacionales
Torre 1, Piso 10
Quito, Ecuador

Air Courier Services are also available in Quito:
DHL: Av. República y Diego de Almagro
MACOB: 10 de Agosto 645 y Checa
FEDEX: Av. Amazonas 517 y Santa María
UPS: Iñaquito N35-155
EMS: (least expensive) Eloy Alfaro y 9 de Octubre

CULTURE SHOCK

Culture shock is a real part of traveling abroad, and you can expect to experience it to a certain degree in Ecuador. Not everyone is affected the same way, but there is a general outline that shows the stages that you may go through (quoted from The Experiment in International Living Cross-Cultural Orientation Guide, 1984):

The Honeymoon: Everything is new and exciting.

Culture Shock: The excitement is gone. Differences begin to emerge; questions arise about how to relate to friends and to the host family.

Surface Adjustment: It's starting to make sense. You can communicate basic ideas. You are making some friends and feeling more comfortable.

Unresolved Problems: Problems with friends or family may surface. You may wonder why you ever came here and be extremely homesick.

I Feel at Home: You accept the new culture as just another way of living. You may not approve of it always, but you accept and understand differences.

Departure Concern: You begin to sense personal changes. You have mixed feelings about returning home.

Remember: "Exploring a new culture involves a sense of adventure, a willingness to take risks, an openness to look at the world in new ways, and a responsibility to **accept people on their own terms**" (ibid.).

Skills you will need to adjust to a new culture:

LISTENING
OPENNESS
PATIENCE
EMPATHY
SENSITIVITY
OBSERVATION
WITHHOLDING JUDGMENT
WILLINGNESS TO TRY NEW THINGS
REALISTIC EXPECTATIONS

HOMESTAY (ECUADORIAN CULTURE)

Living with a host family is the best way to be integrated into and learn about Ecuadorian culture. It is a two-way experience as it impacts the students' life as well as that of the family. For this reason the experience should be carried out with mutual respect, open & honest communication, understanding, and of course the observance of house rules. Make sure you are very courteous with your family, saying "thank you" and at least at the beginning, using the *usted* form with your host parents.

Greetings

Greetings are very important in Ecuadorian culture. Make sure you greet the entire family when you come home and when you leave. If visitors come over to your house make a point of coming down to greet them, even if just for a few minutes. Even if you meet people on the street for a few minutes you will greet them and then say goodbye to the entire group.

When you leave the house make sure you tell your family where you are going and when you will be back. Call them if there is a change in plans that affect your return time.

Meals

The situation is changing, but lunch is for some people the biggest meal of the day, while breakfast and dinner may just be hot milk/coffee and bread or maybe more. If you are still hungry tell your family that you would like to eat more. If they are feeding you too much food, let them know as well. If you are going to miss a meal or want to invite a friend over, please ask your family.

Neatness

Please keep your room neat, as well as your appearance, as it is most appreciated. You may also find that it is not common for people to walk around barefoot in the house. Slippers or flip-flops are fine.

Household help

Although it may seem strange to have a maid in your house, it is quite common for the some social classes in Ecuador. You should always use *usted* with the maid, and avoid becoming intimate friends with her. You should never discuss family problems with the maid. Having a maid does not mean that you should not offer to help out with household chores. Cooking together is a great way to learn about Ecuadorian cuisine.

Laundry

Your family will take care of doing your laundry, please be aware that it is common in some families for each person to wash their underwear individually. You may ask your family discreetly what their custom is.

House resources

Please use resources with consideration for your families. Water, electricity and the telephone should be used with moderation.

Indirect Communication

People tend to avoid direct confrontation in Ecuador. Sometimes your families may change their attitude if something is bothering them, but will not tell you what is wrong.

You should try to be as direct with them as possible. If there is something you can't figure out, don't hesitate to talk with the Resident Director.

Privacy and the Concept of Group Rather than Individual

You will notice in Ecuador that the concept of privacy is different than what you are used to in the U.S. This stems, in part, from an emphasis placed more on the group than the individual. You will notice that family members may enter your room unannounced. It is expected that you will share with everyone and if you keep some things to yourself (candy, etc.) it will seem impolite. When the family is home try to spend time with them in communal space, don't spend all the time in your room.

Machismo

This is a difficult topic to make generalizations about because all families and all individuals are different. You *may* find in your families that the male members of the family do not help out with the housework. That does not mean that you cannot offer to help. In addition, you *may* find that men, especially those that have contact with the tourism industry (tour guides or in touristy bars) make very direct passes at female students. They *may* not be sincere and may have ulterior motives. Be very cautious before getting into a relationship.

Concept of Time

The concept of time is also different in Ecuador. Sometimes plans are made at the last minute, or change at the last minute. Just go with the flow and be patient. Punctuality is expected for classes, business and doctor appointments, and mealtimes with host family. However, for social gatherings and informal get-togethers, punctuality is not really stressed at all. Again, have patience.

Social Context in Ecuador

Even though the family you live with may be of a higher social class, you will observe a very stratified society in Ecuador. People in Ecuador are very class conscious. Class is noted, among other things, by the color of skin, the clothes people wear, cell phones, type of car, neighborhood house is in, family's last name, way of talking (accent, vocabulary and slang). You may not notice these things at first, but your host families are aware of them.

In general the standard of living for the majority of Ecuadorians is much lower than Industrialized/Developed Nations. The poverty that you will see is very similar or is even worse in many countries in the world. Your stay in Ecuador is a unique way to arrive at a greater understanding of the struggles and problems of developing nations. Above all remember that you have much to learn from Ecuador and its people.

Ecuador Program Suggested Packing List

One thing to keep in mind when packing is that dress in Quito needs to be layered because of the climate. It is said that there can be four seasons in one day: cool in the morning, hot at noon, raining in the afternoon, and very cold at night. Students at PUCE dress neatly and stylishly. You should bring the clothes you feel most comfortable in, keeping weather and culture in mind. People never wear shorts in Quito and most students wear jeans and long-sleeve t-shirts, with a button-down sweater or jacket.

For traveling you will want to have comfortable clothes, shorts for the beach, and lightweight clothes for the Cloud Forest and Amazon. Hiking boots are suggested for climbing mountains. You will probably want to have one nice outfit to be prepared for occasions that may arise.

You should pack as lightly as possible, but you also need to have enough clothes with you to be prepared for all situations and to have enough if your laundry does not get done quickly. You should pack about 2 weeks worth of clothes. If you play sports, bring equipment you might need (ex. cleats for soccer, leotards for dance).

4-5 Jeans, slacks	Sunglasses
4-5 T-shirts	Camera
4-5 Long sleeve shirts	Film
Light jacket	Sunscreen (high SPF)
Rain gear	Hat
1-2 Sweaters/ sweatshirts (Nice, handmade wool sweaters can be bought in Ecuador.)	Music, Walkman
1 Nice outfit	Books (novels, Spanish grammar, Ecuador guide book)
1-2 shorts	Small gifts for host families (items from your hometown, university t-shirts, picture books, perfume, and of course, chocolate never fails...)
Bathing suit	
Warm pajamas	
Socks & underwear (plenty)	
Comfortable city walking shoes	<u>For traveling:</u>
Sandals	Hiking boots
Toiletries/cosmetics: most can be bought in Quito, so save space and buy it there. However, if you need special brands (ex. contact lens solution) bring it with you.	Water bottle
Prescription medicines	Swiss army knife
Vitamins	Daypack
	Binoculars
	A few Ziploc bags
	Anti-bacterial gel hand cleanser

ENTERTAINMENT GUIDE

HISTORICAL CHURCHES

All of the following churches are in Colonial Quito (El Centro):

Catedral:

Plaza Grande

El Sagrario:

Calle García Moreno y Espejo

San Francisco:

Plaza San Francisco (Calle Cuenca y Bolívar)

La Compañía:

Calle García Moreno y Sucre

San Agustín:

Calle Chile y Guayaquil

Santo Domingo:

Plaza Santo Domingo (Calle Guayaquil y Rocafuerte)

La Merced:

Calle Chile y Cuenca

La Iglesia de Guápulo

*Is located in the town of Guápulo, towards the east of Quito.

MUSEUMS

Archeological Museum of the Banco Central

Casa de la Cultura Ecuatoriana
Av. Patria y 12 de Octubre. This is an impressive collection of pre-Inca artifacts.

Museo de Arte Colonial

Calle Cuenca y Mejía
(en el Centro)

Museum in the San Francisco Monastery

Located next to the church, in the Plaza San Francisco

Friar Pedro Bedón Dominican Museum

Plaza Santo Domingo

Camilo Egas Museum

Venezuela 1302 y Esmeraldas

House of Sucre

Historical Museum

Calle Sucre y Venezuela, esquina

Municipal Museum “Alberto Mena Caamaño”

Espejo y García Moreno, esquina

Museo de la Ciudad

García Moreno 572

(Bring your PUCE id)

Excellent, about the history of Quito

Guayasamín Museum

José Bosmediano 543

(in Bellavista)

This is an art museum of the most well known Ecuadorian painters.

ART GALLERIES

Quito has quite an impressive collection of art galleries. It is worth it to visit them. Look for openings in the newspaper.

Galería Exedra

Carrión 243 y Leonidas Plaza

Posada de las Artes Kingman

Diego de Almagro y La Pradera

Art Forum

Juan León Mera 870 y Wilson

Centro Cultural Tianguéz

Plaza de San Francisco

(This is more of a handcrafts store and a café)

Alianza Francesa

Av. Eloy Alfaro 1900 y Av. de los Shyris
 (This French cultural center has art exhibits, French classes and photography classes.)

Casa Humbolt

Polonia y Vancouver
 (German cultural center has theater, art, dance performances.)

The British Council

Av. Amazonas y Orellana
 (The British council shows movies.)

MUSIC, THEATER, AND DANCE

Quito also has nightlife full of cultural events. If you wanted to take advantage of all that is going on, you could go to cultural activities Thursday through Sunday nights for very affordable prices (don't forget your student ID). Look in the newspapers for schedules.

Casa de la Cultura Ecuatoriana

Av. Patria between 12 de Octubre y 6 de Diciembre
 (Casa de la Cultura has many theaters and events going on during the week and weekend.)

Andean Instrument Orchestra

Calle Rocafuerte 506 y Luis Felipe Chávez

The National Symphony Orchestra

Has classical music concerts in various churches through out the year as well as in the

Teatro Politécnico

Friday nights at 8:00
 Av. Ladrón de Guevara (Behind the Universidad Católica)

Teatro El Socavón

Vía a Guápulo
 Francisco Compte 4-24
 (music, dance, and theater)

Teatro Patio de las Comedias

18 de Septiembre 441 y Amazonas
 (theater)

Teatro Casa de Malayerba

Next to the Iglesia de El Belén
 Sodiro 345 y 6 de Diciembre

National Folkloric Dance

“Jacchigua”
 Teatro Aeropuerto (Presentations Wednesday-Friday)

Humanizarte

Lizardo García y Leonidas Plaza
 (Traditional folk dance performances every Wednesday night. Dance classes in traditional dance, modern dance, and salsa.)

Frente de Danza Independiente

Sala de Mariana de Jesús
 In the Casa de la Cultura
 (Modern dance performances and classes.)

COOL, ARTSY CAFÉS THAT SOMETIMES HAVE MUSIC OR POETRY RECITALS**Café Guápulo**

Av. de los Conquistadores
 In Guápulo

El Pobre Diablo

Calle Isabela Católica y Galavis
 (Behind the Swiss hotel)

Café Libro

Carrion y Tamayo (music, and poetry)

MOVIE THEATERS

Check the newspaper for listings.

Multicines

Centro Comercial Inaquito (CCI)
 Av. Amazonas y Naciones Unidas

Cinemark 7

Plaza de las Américas
 Av. República y Naciones Unidas

ART FILMS

Cinemateca Nacional

Casa de la Cultura Ecuatoriana

Octaedro

El Zurriago E8-28 y Av. Los Shyris

Ocho y Medio

Valladolid N24-353 y Vizcaya (La Floresta)

RESTAURANTS

Ecuadorian Cuisine

La Choza

Av. 12 de Octubre y Cordero
Tel. 500-971, 507-901, 230-839

El Níspero

Valladolid N24-438 y Cordero
Tel. 226-398

La Cueva del Oso

Chile y Venezuela (in El Centro)
Tel. 583-826

Mi Cocina

Av. Amazonas 2448
Tel. 221-090

Cocina de Kristy

Whimper N27-110 y Av. Orellana
Tel. 501-209

La Querencia

Eloy Alfaro 2530 y Catalina Aldaz
Tel. 446-654

Maremoto

Ponce Carrasco 282 y Diego de Almagro Tel. 528-351

Rincón la Ronda

Bello Horizonte 400 y Diego de Almagro
Tel. 540-459

International

Crepes and Waffles

Av. Orellana 461 y Rábida

Grano de Café

Baucedano y Juan León Mera

Vegetarian

El Maple

Caláma y Juan León Mera

El Marques

Caláma, entre Juan León Mera y Reina Victoria

Windmill

Colon y Versalles

Chinese

Mágico Oriental

Páez 243 y Jorge Washington
Tel. 226-767

Mexican

El Coyote

Juan León Mera