



# 2016 Ecuador- Tanenbaum CHAT

November 20<sup>th</sup>, 2016 – November 28<sup>th</sup>, 2016

## NOVEMBER 20

### TRAVEL AND ARRIVAL IN ECUADOR

Your Me to We adventure begins as you depart for Quito, Ecuador. Arrive into the Mariscal Sucre International Airport, check-in to your accommodations and relax after your flight. Get ready to change the world!

## NOVEMBER 21

### EXPLORE OLD QUITO

Explore Quito's Historic Centre, a UNESCO World Heritage Site, and the ideal backdrop to learn about Ecuador's colonial past and contemporary struggles. A visit to the equator and some experiments with gravity complete your day.

### VISIT THE SYNAGOGUE

### EVENING DISCUSSION

In the evenings, learn more about Free The Children's holistic and sustainable community development model, Adopt a Village. Throughout your trip you will have the opportunity to volunteer in Adopt A Village's five pillars: Education, Health, Clean Water and Sanitation, Alternative Income and Livelihood, and Agriculture and Food Security.

## NOVEMBER 22

### TRAVEL TO CHIMBORAZO PROVINCE

Travel high up into the Andes Mountains and get settled in your new accommodations near the community where you'll be working.

### EVENING ORIENTATION

You will have the opportunity to get to know your facilitators, acquaint yourself with your trip agenda, set trip goals and expectations, and review the ME to WE Trip rules together as a group.

## NOVEMBER 23

### COMMUNITY ORIENTATION

One of the most exciting moments of your trip may be the first time you see the community where you'll be volunteering throughout your time in Ecuador. Your facilitators will lead you on a tour of the building projects in the community. Be welcomed by local community members and learn more about Ecuador's culture and traditions, joys and daily challenges. For the next several days, you won't just be a visitor in the community—you'll be part of a family as you work together toward shared goals.

### BUILDING 101

Make the most of your volunteering time in the community by taking part in a mandatory one-hour project building safety workshop.

### VOLUNTEER PROJECT BUILDING

Depending on the community, day and time, your volunteering could be a variety of different activities that help remove the barriers to education—you could be laying bricks that will become a school, digging wells that will provide clean water, or planting crops that will grow into nourishing food. You'll see the real results of your work as you volunteer alongside community members on Free The Children development projects. Your work will have an impact that will last for generations to come.

### LEADERSHIP MODULE: EDUCATION

Your ME to WE facilitators will lead you in a discussion on the impact of education in Ecuador.

## NOVEMBER 24

### MARKET ACTIVITY

Take on the role of a local family, living on \$1 a day, as you explore a local market and try to purchase food to feed your family



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## GIRLS CLUB

Groups get a chance to spend an afternoon with one of our partner schools' girls club to get a sense of the empowerment work that Maria Angela does with these groups. The Girls Club members gather to learn about the opportunities that exist in which they can contribute to their communities in the same way as men; the value of education; and the ability to create alternative income opportunities utilizing their unique skills. Groups will also get a chance to learn traditional handicraft work and support the girls by purchasing some of their work

## LEADERSHIP MODULE: ALTERNATIVE INCOME AND LIVELIHOOD

Your ME to WE facilitators will lead you in a discussion on alternative income and livelihood in Ecuador.

## NOVEMBER 25

### VOLUNTEER PROJECT – HALF DAY

Spend the morning continuing your work on your volunteer project.

## ANDEAN COOKING CLASS AND NUTRITION ACTIVITY

Groups spend an afternoon with our FTC health coordinator to learn more about FTC health initiatives. Groups get a chance to make two traditional Andean meals – from scratch. Groups will have the opportunity to explore and learn more about Andean diets and nutrition consumption. Participants also talk about the impact of changing diets as a result of the introduction of more processed foods which have replaced many traditional, high-nutrient foods.

## NOVEMBER 26

### VISIT WITH SUMAK AHUANA AND MARIA ANGELA PACHECO

Maria Angela Pacheco is a leader in her community and an integral part of the local women's group, Sumak Ahuana, which provides an alternative source of

income for women and families in the community.

Travel to Maria Angela's community and meet her and the women's group. Take part in learning about how the Sumak Ahuana group is run.

## SOCIAL ISSUES DISCUSSION

Spend the evening discussing what you have learned and observed thus far on your trip, the social issues you're passionate about. Together, build a stronger community of world-changers by participating in some fun group activities.

## NOVEMBER 27

### TRAVEL TO QUITO

Say goodbye to your new friends in the Andes and return to Quito for a final celebration dinner.

## LOCAL MARKET VISIT

Explore a local Artisan Market, where you'll have a chance to look around and shop for souvenirs to bring home to your friends and family. Don't forget to practice the Spanish skills you have learned throughout your trip!

## RE-INTEGRATION AND REFLECTION

Spend the evening with your ME to WE facilitators reflecting back on your trip, on all the experiences you've had, things you've learned, and the friends you've made. Your ME to WE facilitators will guide you through a discussion on re-integration into life back home after your life-changing experience in Ecuador.

## NOVEMBER 28

### ARRIVAL HOME

Get ready to share the story of your journey!

*\*Please note that the above itinerary is subject to change as determined by our country team.*