

SAMPLE ITINERARY FOR CUENCA

Our giving the following sample itinerary is intended to just to give you an idea of what your trip *could* be like if you'd like it to be like this, or it could vary significantly based on your interests or you could prefer to just work in the orphanages as much as possible.

We work in five different orphanages giving different types of service. Before your trip we'll communicate with you to see how your interests and abilities can be best paired with the orphanage needs. We'll also find out your interests for preferred leisure time activities so that your trip can be customized to match you. If you choose to go with a schedule like the sample given below, in one week you could expect to spend about 40 hours serving in the orphanages. That will still give you plenty of time to see sites, shop, etc. (Unique itineraries can be planned for families with small children allowing parents to serve without overwhelming the children. We can also help most people with disabilities provide meaningful service.)

All the things that are listed below that cost anything are totally optional and can be substituted with free activities or meals at the house that are free. We assume that most short-term volunteers will want to eat out a lot, and so for this sample itinerary we've included information so that can be done, but some people prefer to just stay at the house and make something or else order in.

Friday

We'll meet you at the Quito airport holding a sign with OSSO's logo on it. Most airlines arrive late at night. (Some airlines, particularly COPA, have flights that arrive early afternoon. If that's your flight we can get you a flight to fly directly to Cuenca that same day.) We'll take you to OSSO's Quito house or your hotel.

Saturday

For breakfast you can grab some fruit, bread, yogurt, etc. at the house.

Mid-morning we'll take you to the airport for your 40-minute flight to Cuenca. In Cuenca we'll take you to OSSO's house or your hotel.

Lunch will be served at OSSO's house.

After lunch you'll have a short orientation and then go to the baby/toddler orphanage where you'll work with the long-term volunteers to care for the infants and toddlers, playing with them on the playground, feeding them and changing them, etc.

For dinner, you could go to the restaurant Raymipampa by the Cathedral on the main square in town (\$5-\$10/person) and then to Tutto Freddo for some Italian ice cream (\$0.80 for a one-scoop cone) (one taxi for this is about \$3 roundtrip).

Sunday

In the morning you can sleep in if you'd like; or along with our long-term volunteers you can work in one of the orphanages or attend church or both.

Lunch will be at OSSO's house.

In the afternoon you'll go back to the baby/toddler orphanage with our long-term volunteers.

Dinner will be at OSSO's house.

Monday

You could take a little time off and go to the Girón Waterfalls. These beautiful falls are high on a mountain on the side of a valley in a cloud forest overlooking a beautiful valley. The lower falls are just a five- to 10-minute walk; the upper falls are a three- to four-hour hike. If you prefer to just see the lower falls you can be back by noon, otherwise it's a full-day activity (cost for 2-3 people for the entrance fee, a guide and transportation is about \$150 and then a little more for each additional person).

For lunch, you can take a sack lunch from the house or find a place near Girón (\$3-\$6/person).

Before a late dinner you'll go to an all-girls orphanage with our long-term volunteers for an hour's worth of games and activities and then you could go out for rotisserie chicken (\$3-\$5/person).

Tuesday

In the morning you'll go to OSSO's orphanage (Los Pequeñitos de OSSO) with infants and toddlers and handicapped children with our long-term volunteers. You'll get there just in time to get them up, feed them and change them, and then you'll play with them and help give them therapy. After this you'll help feed them lunch and put them down for naps.

Lunch will be at OSSO's house, or if you'd like to eat out, you could go to a little family-run restaurant for Morocho (a warm corn drink that tastes like rice pudding) and empanadas (there are other things on the menu as well) (\$1-\$3/person). After lunch we could take you to the center of town for some sight-seeing and shopping at the sweater market and the hippie market (one taxi for this is about \$3 roundtrip).

In the afternoon you'll go to Turi along with our long-term volunteers to do activities at a very poor preschool in the mountains overlooking Cuenca.

For dinner, you could order out for something like pizza (\$3-\$6/person), make something at the house or go out to eat (you could choose a fancy Italian place called Santa Lucía (\$8-\$15/person) or something simple like shish kabobs (\$2-\$4/person), one taxi for this is about \$3 roundtrip)—if you eat out on Tuesday night you'll need to get there and back on your own as all our long-term volunteers and our Visitor Coordinator have meetings this night.

Wednesday

In the morning you'll go back to the baby/toddler orphanage with our long-term volunteers.

Lunch will be at OSSO's house.

In the afternoon you can go back to the baby/toddler orphanage or OSSO's orphanage (Los Pequeñitos de OSSO) with infants and toddlers and handicapped children to serve with our long-term volunteers.

Before a late dinner you'll go to the all-girls orphanage again with our long-term volunteers for an hour's worth of games and activities and then you could go to La Fornace for pizza before heading home (\$3-\$6/person) (one taxi for this is about \$3-\$5 roundtrip depending on which location you go to).

Thursday

In the morning you (with some long-term volunteers) could take a small group of children from one of the orphanages to some hot springs to swim if you'd like to make this happen (this may cost between \$30-\$40).

Lunch will be at OSSO's house.

In the afternoon you could take newborn kits to the local hospital for poor women who have just given birth if you'd like or else spend some more time in town at the markets, then back to the house to pack, then to the airport to fly back to Quito.

In Quito you'll be met at the airport and taken to OSSO's house or your hotel.

For dinner you could pick something up on the way back to the house from the airport, call for delivery or go somewhere really close to the Quito house (\$3-\$15/person) (one taxi for this is about \$3-\$5 roundtrip).

Friday

We'll take you to the Quito airport to fly home. Most airlines have flights that leave early in the morning. If your flight leaves at night we can modify your itinerary to accommodate this.