

## **SAMPLE ITINERARY FOR QUITO**

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.) We'll take you to OSSO's house or your hotel.

### Saturday

After breakfast (you can grab some fruit, bread, yogurt, etc. at the house) you'll have a short orientation and then you'll 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.

Lunch will be served at OSSO's house.

After lunch you could stroll through a park and enjoy the "Art in the Park" displays of local artists (all the paintings and arts and crafts are for sale) (one taxi for this is about \$3 roundtrip).

In the afternoon you'll go with the long-term volunteers to a family-style orphanage where you'll do fun activities with family-size groups of children and their house mom (a local woman hired to live in the house and act as the mom).

For dinner you could go to The Magic Bean restaurant for great sandwiches and smoothies (\$5-\$10/person) (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.

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 Mindo for a full-day activity. Mindo is a two-hour drive through a very beautiful mountainous area that gets more and more jungle-like. Mindo is a village that provides multiple adventure opportunities as well as a butterfly farm to visit. You can do some or almost all of the following activities: zip line, hike to a waterfall with swimming and a waterslide, tubing down a river and visiting the butterfly farm (cost for two people for transportation, activities, etc. is about \$150 with about \$20-\$40/additional person).

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

For dinner you could go to the El Brasero restaurant for some Ecuadorian barbecue (\$5-\$10/person) (one taxi for this is about \$3 roundtrip).

### Tuesday

If you'd like, you could take Newborn Kits to the maternity hospital for poor women who have just given birth or else spend some time in town at the markets.

Lunch will be at OSSO's house.

After lunch we could take you for a quick trip to the Artisan's market to purchase souvenirs or gifts (one taxi for this is about \$2-\$4 roundtrip).

In the afternoon you'll go to an orphanage for handicapped children with our long-term volunteers (no cost). If you'd like you could do a small field trip for these children to get them out of the orphanage, like taking them to a park or taking them swimming (this may cost between \$10-\$60).

For dinner, you could order out for something like pizza (\$3-\$6/person), make something at the house or go out to eat—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, or if you'd like to eat out, you could do so at a simple restaurant (\$3-\$6/person) and then we could take you to visit Old Town and the historic buildings and churches (one taxi for this is about \$3-\$5 roundtrip).

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

For dinner, you could go to a simple hamburger place a few blocks from the house (\$2-\$4/person).

### Thursday

In the morning, if you'd like, we could buy sacks of rice or flour and take it to an orphanage/daycare north of Quito on the way to visiting the Middle of the Earth monument and museum where you can take a picture standing with one foot in each hemisphere. From there you could visit the Pululahua Geobotanical Preserve which is in a collapsed volcano/caldera (cost for two people with transportation and entrance fees is about \$40-\$60 with about \$5-\$10/additional person plus whatever you spend for rice/flour).

For lunch, you can take a sack lunch from the house or find a place in a small town near the equator, like Chilean empanadas (\$2-\$4/person).

In the afternoon you'll go to the baby/toddler orphanage with our long-term volunteers for one last time to see these wonderful children.

For dinner you could go to Pim's on El Panecillo (a hill overlooking the city) (\$12-\$15/person) (one taxi for this is about \$5-\$8 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.