

RULES SPECIFIC TO CUENCA

- Shorts cannot be worn outside the house, not even to go running.
- Rules for going running: from 6-7 am you have to be in threes; from 7 am until 7 pm you have to be in pairs; in order to go running before 6 am, you have to run inside our gated housing complex (with approval from Project Directors as this can vary depending on if the gate is working)—you can run by yourself within our gated complex, however, we prefer that you be in pairs; when running in town, you should always vary your route and not be predictable; we recommend that you do not run with headphones on as you cannot hear well.
- The mountains surrounding Cuenca are outside the city limits (see Code of Conduct).
- Materials bearing the OSSO name or logo (rings, backpacks, t-shirts, sweatshirts, etc.) are only for volunteers and Project Directors. These items may not be given or sold to anyone else in Ecuador.

These rules may be added to at any time. If they are, all volunteers currently in-country will be notified.