

RULES SPECIFIC TO CUENCA

- Shorts cannot be worn outside the house, not even to go running.
- Rules for going running: from 6-7 am and after 7 pm you have to be in groups of four; from 7 am until 7 pm you have to be in pairs; do not go running before 6 am. 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.
- From 7 pm to 9:30 pm you must be in groups of 4 outside the house. After 8 pm you must come and go from the OSSO house in taxis. By 9:30 pm you must be in the house.
- 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.