

RULES SPECIFIC TO QUITO

- Traveling between 7 pm and 9:30 pm:
 - no walking to or from the house after 7 pm—this means that to go anywhere from the house you need to call a taxi to take you wherever you're wanting to go; to return to the house from wherever you've been, you need to arrive by taxi; the only exception to this is if you're just walking to or from the street 12 de octubre (or to a place in between the house and there)
 - with regards to the Amazonas sector (the popular gringolandia area where the internet cafes and some popular restaurants are), after 7 pm you can only go to and from here in a taxi—no walking at all—not even from place to place within this area!; from the house, call a taxi, and when in the Amazonas sector stand by a guard and catch a taxi
- Visiting Old Town Quito:
 - always travel in groups of at least 3
 - inform a volunteer or the Project Director (who is not traveling with you) that you're visiting the Old Town district
 - must be out of Old Town district by 5:00 pm
- The U.S. Embassy warns not to go into the interior of city parks; this is also a recommendation from OSSO with one exception: Art Park on Saturday mornings where all the vendors are—any other exceptions to this rule need to be cleared by the Project Directors.
- Shorts cannot be worn outside the house. There is one exception to this rule: you can go running for exercise and wear knee-length shorts (they have to be completely to the knee, no exceptions), however, we prefer that you don't do this.
- Rules for going running: you can't go running before 6 am; from 6-7 am you have to be in threes; from 7 am until 7 pm you have to be in pairs; you should always vary your route and not be predictable; you can never go running inside the interior of parks—only around the perimeter is acceptable; we recommend that you do not run with headphones on as you cannot hear well.
- Rules about tanning in the yard (however, we prefer that you don't do this): you can't wear your swimsuit, but you can wear shorts (though not really short) and a tank top.
- **YOU MUST BRING** a pair of non-slip shoes (like Keds-type shoes) for you to wear only at the baby orphanage (everyone will work here)!!! You will not be allowed to work here until you obtain shoes that can only be worn here.
- 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.