



UNIVERSIDAD
SAN FRANCISCO
DE QUITO

INTERNATIONAL PROGRAMS - PRE DEPARTURE GUIDE

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KNOW BEFORE YOU GO



The Do's

- Bring good sunblock of at least 30 SPF or higher. The sun is stronger here and you can easily get burned by being out in the sun for only 20 minutes.

- Bring any prescription medications. We recommend you bring a sufficient amount for the complete duration of your stay and a prescription from your doctor in case you need to find your medications in Ecuador. Medication is very hard to get out of customs if sent by mail so this should not be an option.

The Do's and Don'ts



■ Bring a valid yellow fever certificate if you plan to travel to the Amazon. The vaccine should be administered at least 10 days before travelling. It is possible to get the vaccine in Quito but we are experiencing a shortage of it, so plan accordingly! You can get the vaccine for free at the local government public clinics, known in Spanish as “Centros de Salud”.

The main one is the “Centro de Salud 1 - downtown” located at Rocafuerte 1545 and Venezuela streets; it opens from Monday to Friday from 8:00am to 3:30pm. There is a limited stock of vaccines at “Sub-Centro de Salud Tumbaco” located at San Francisco y Los Caramelos streets; opens on Wednesdays from 8:00am to 12:00pm and “Sub-centro de Salud Cumbaya” located at Juan Montalvo and Francisco de Orellana streets; opens on Tuesdays from 8:00am to 12:00pm.



The Don'ts

- Do not wear flip-flops or shorts on a daily basis, you will be targeted as a tourist. Ecuadorians wear these at the beach; or in the warmer areas like the jungle and the coast.
- Do not bring the latest iPhone or Samsung if you have an older phone at home. Newer phones can be targets for pickpocketing. Try to bring a low cost, unlocked smartphone if possible.



The Do's and Don'ts

Do not take risks – use common sense and avoid putting your health and life at risk.

Do not do drugs in Ecuador, it is illegal. Neither USFQ nor your Embassy will be able to help you if you get caught using, carrying, or are in any way involved with drugs of any kind. This includes drugs that may not be illegal in your home country.

Do not drink alcohol excessively– drinking at high altitude or drinking different types of local alcohol might have different effects on your health. Remember, you are representing an international university, so you must follow the alcohol regulations that your home university has. In case you are from a US institution legal drinking age is 21.



Health

The Ecuadorian healthcare system might differ from your home country. Even though you will have health insurance, hospitals will request a form of guarantee while they contact your insurance company. Please bring a credit card for emergencies. Remember that most international health insurance policies require you to pay upfront, especially for ambulatory services, and file for a reimbursement afterwards.

Mental Health

USFQ also offers mental health resources to students and has information on how to seek ongoing care should you need it during your time here. You can contact your program coordinator to learn more about the options available.

Hospitals:

USFQ works with Hospital de los Valles and have special emergency admissions.
Hospital de los Valles

Av. Interoceánica km 12.5 y Av. Florencia
servicioalcliente@hospitaldelosvalles.com
PBX: (+593) 2 2977900

For insurance claims:
cajeros@hospitaldelosvalles.com



Weather

Temperatures in Quito range from 46°F–54°F/8°C–12°C at night, to 59°F–77°F/15°C–25°C during the day.

Quito has been experiencing a lot of weather changes and at times it rains a lot so USFQ suggests you bring a rain jacket and an umbrella. Remember that most of you will be walking quite a bit. **DRESS IN LAYERS.**



GENERAL PACKING LIST



USFQ students tend to dress casual (jeans with t-shirts) or nicely (khakis and shirts/blouses). Bring three or four outfits for special occasions, such as going to clubs, dinners or going out with friends. Clothes in Ecuador are expensive.

WOMEN'S CLOTHING



Suggested Casual Women Packing List:

Upper body: comfortable blouses /shirts, jackets (light fleece jacket or sweater), cardigans and light scarf. Lower body: Everyday jeans, pants, skirts or dress. Shoes: Flats, boots, sandals, medium heels and tennis shoes.

Expect to dress up for invitations such as baptisms, weddings, graduation parties and other special events. Bring a complete outfit if you expect to attend a formal event.

CLOTHING



MEN'S CLOTHING

Suggested Casual Packing List For Men:

Upper body: T-shirts, comfortable shirts, jackets (light fleece jacket or sweater), cotton sweatshirts, light scarf.
Lower body: Everyday jeans, khakis or pants.
Shoes: Tennis shoes, flats, moccasins.





Toiletries

Bring your eye contact solution, bug repellent and anti-itch cream, deodorant or antiperspirant, perfume/cologne, a hairdryer and hair products, sunscreen, Tylenol Cold and Sinus, CIPRO, DayQuil/Nyquil/antihistamines, vitamins, travel size shampoo/soap/hairbrush and chapstick. Toiletries are expensive in Ecuador and you might not find the brand you use.

Electronics Other things to pack.

Bring your laptop, cable to connect camera to computer, camera and batteries, a USB jump-drive, headphones. In Ecuador, power sockets are of type A and B; the standard voltage is 120 V and the standard frequency is 60 Hz.

Other things to pack:

Drinking bottle for water, raincoat, umbrella, sunglasses, Spanish/English dictionary, duffel bag or a big backpack for trips, sports equipment (such as soccer cleats or tennis shoes), climbing equipment (if you do not want to rent it).

Communication & Mail



Communication

Local SIM cards are easily available locally, so if you bring an unlocked smartphone with you, you should be able to easily put a local SIM card in and have an Ecuadorian number.

WhatsApp is a free international messaging service that is widely used in Ecuador, so if your family and friends want an easy way of contacting you during your trip they can download the app to contact you.

USFQ will also provide local SIM cards to students depending on their program.

Mail & Packages

While there are various mail services available in Ecuador, we do not recommend having friends or family try to mail anything to you while you are in Ecuador. Due to various barriers such as customs, taxes, and extremely delayed delivery times, your letters and packages might not even arrive before you leave the country.

We also recommend that you bring a full supply for any and all prescription medications that you may need, as receiving them via mail can be very difficult.

Try to bring everything you think you'll need with you.



Travelling

Mountains

If you plan to travel to the mountains bring hiking shoes/boots, a warm jacket, sweatshirts, old shoes, and maybe a hat and gloves. More serious equipment, such as carabineers, harnesses, tents, climbing boots, headlamps, etc., can be rented in Quito if necessary.

Temperatures in the mountains range from 32°F/0°C or a bit lower at night, to 60°F/15°C during the day. Remember that it depends on the wind, rain, clouds, and sunlight. In other words, if it is sunny it might get warmer quickly so layers are highly recommended.

Coast & Galapagos

If you plan to travel to the coast or islands bring insect repellent shorts, sandals, flip flops, a bathing suit (probably more than one), and good quality sun block

Temperatures range from 70°F/20°C at night to 90°F/30°C or more during the day. Be prepared for heat.

Jungle

If you plan to travel to the jungle bring a rain poncho, long-sleeved shirts, cotton pants, waterproof pants, long socks a hat and insect repellent. Ask your doctor about the yellow fever vaccine (this vaccine is mandatory for anyone traveling to the Tiputini Biodiversity Station).

Humidity is extremely high (close to 100%) and the average temperature is 80°F/25°C. If you plan to do a lot of backpacking and outdoor activities you should bring a flashlight, binoculars, and a sleeping bag.





Transportation

Public transportation in Quito is the cheapest and most frequently used form of local transport. Since bus schedules are irregular and the routes are not posted online, it will take some time to learn how to navigate the system, but certain Apps like Google Maps can be of help in Quito. Bus prices start at US \$0.25

We also suggest downloading transportation apps such as Uber or Cabify, when possible or using a trusted taxi number instead of hailing a taxi off of the street.

Traveling to/from other cities or villages within Ecuador is very easy. The main long-distance bus terminals in Quito are Terminal Terrestre de Quitumbe (South of Quito) and Terminal Terrestre de Carcelén (North of Quito). Prices vary in accordance to the distance; you can find tickets from US\$4.50 to US\$15.



Safety



USFQ will provide an orientation upon your arrival to educate you more about health and safety. Please consult all health and safety instructions and manuals on our website.

Contact the consulate of your home country and let them know the length of your stay. US citizens can do this online at the following link:

<https://step.state.gov>

For more information about our programs please visit our website or email us:

internationalprograms.usfq.edu

opi@usfq.edu.ec