



IAESTE  
ECUADOR



Welcome guide for  
**Ecuador**



## Welcome Guide- Ecuador

Dear student, IAESTE Ecuador group is excited that you are part of this great experience! In this program you will be able to grow professionally and personally. You will meet places and people that will forever change your life but don't worry! Because, you are already one of us and we will accompany you in every step of the way.

Ecuador is a country of spectacular variety and beautiful scenery. From beaches to volcanoes, you can expect to find almost any kind of environment here. There are a lot of activities for you to enjoy in this country.

We wish you success in your time here and don't forget that you can count on us.

IAESTE Ecuador team



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# IAESTE

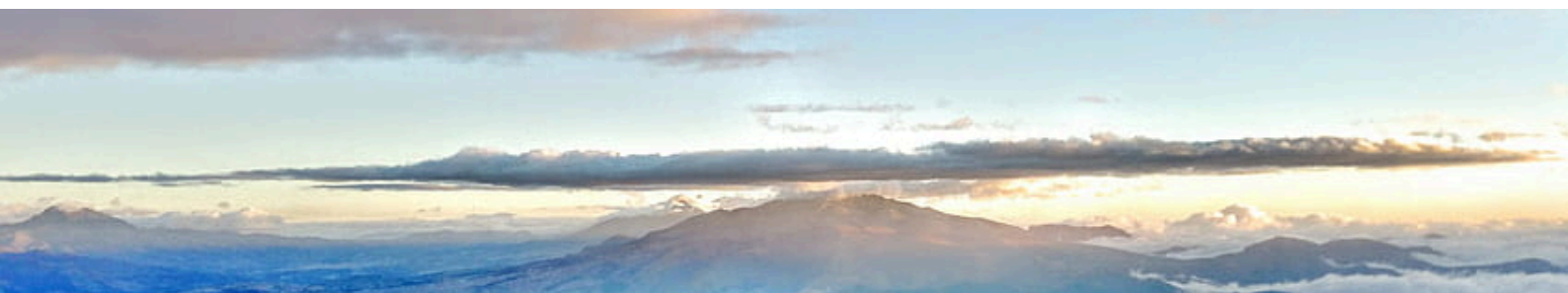
## IAESTE International

Imagine the time after 1945: World war II had left lots of grief and destruction. Large parts of the world were torn into pieces, but people hoped to build a better, more peaceful world. In this spirit, the United Nations and other international organizations were founded. In 1948, IAESTE was established to give students the chance to gain technical experience abroad and to promote international understanding and goodwill. Nowadays, IAESTE has over 80 member countries. Our international organization is officially called IAESTE A.s.b.l. and is based in Luxembourg

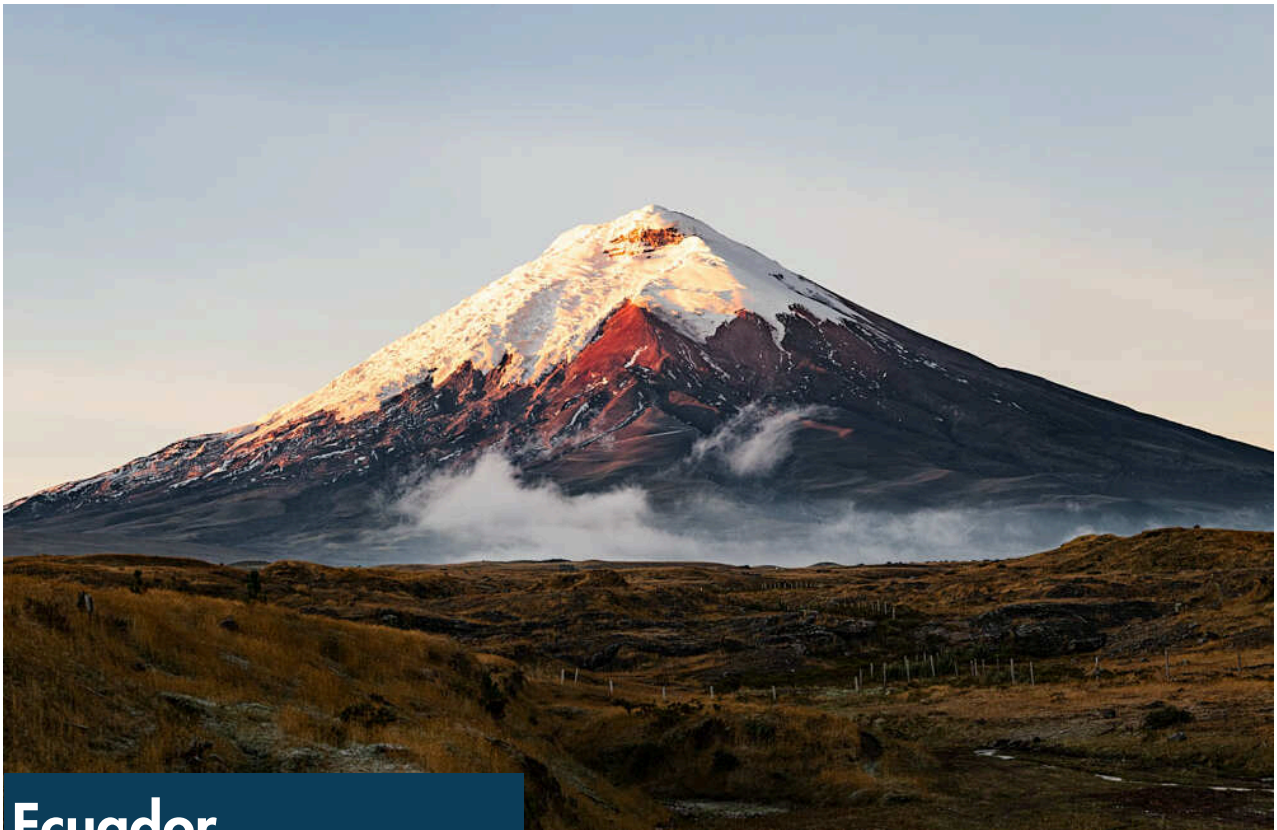
## IAESTE Ecuador

In Ecuador, the National Committee is in Quito at Universidad San Francisco de Quito. Here all the administrative processes for your internship are arranged.

The members of the local committee will be responsible for picking you up from the airport or sending instructions by email to get to your accommodation.



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## Ecuador

### Basic Information

**Capital**  
Quito

**Regions**  
Costa, Sierra, Amazonía  
& Insular

**Time Zone**  
UCT -5



**Provinces**  
24

**Native Indigenous Language**  
14

**Official Language**  
Spanish

## Keep in mind this expressions

<b>Arraray</b>	How hot!
<b>Achachay</b>	How cold!
<b>Tatay</b>	Disgusting!
<b>Ñaño/Ñaña</b>	Brother/Sister
<b>Chulla Vida</b>	You only live once
<b>Shungo</b>	Heart





## Before Departure

### Accommodation

IAESTE will help you find accommodation and assist you with any other questions you might have. They will offer the chance to stay with a host family but feel free to look for other options if you need to.

### Insurance

Students must have an International Health Insurance to come, we recommend all the students to know how it is working properly in Ecuador, and what is the process in case of any accidents or diseases. The insurance policy must be written in english. Consider the following:

- Emergency medical evacuation up to \$250,000
- Repatriation up to \$50,000,  
Accidental death and dismemberment up to \$15,000
- Emergency reunion up to \$12,500,  
mental health care, coverage of pre-existing conditions)



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# Money

It is necessary to bring with you cash for at least the first month of the program. At the end of the month, you will get the payment by the employer, and, in most cases, that will only cover your room and transportation.

Ecuador uses US Dollars as the official currency.

1 EUR = 1,08 USD

1 PLN = 0,25 USD

## Where can you change your money?

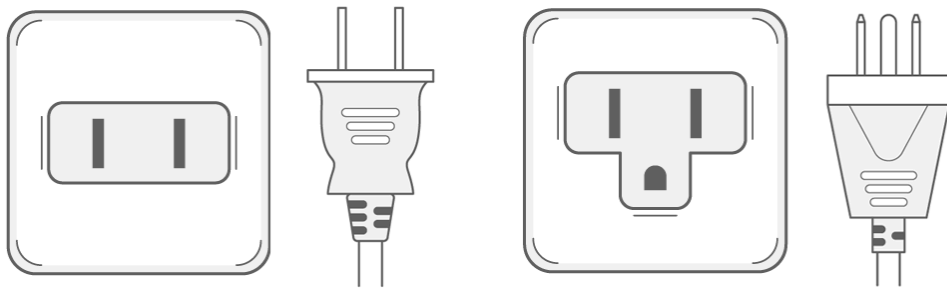
- 📍 Quito International Airport
- 📍 Western Union Scala Shopping
- 📍 Royal Pacific Currency Exchange



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# Electricity

The electrical current in Ecuador is 120V, 60Hz. Ecuador sockets are mostly as shown in the picture below. Do remember to bring an adaptor for your devices if needed.



**Check the  
packing  
checklist in the  
next page to  
make sure you  
are ready!**

# Packing Checklist

Don't forget to bring the following items for your internship in Switzerland  
(non-exhaustive list):

- |                          |   |
|--------------------------|---|
| <input type="checkbox"/> | Passport, visa and authorisation letter if applicable   |
| <input type="checkbox"/> | Travel documents, e.g. flight ticket, , etc.  |
| <input type="checkbox"/> | Hiking shoes (if you want to explore nature and mountains)  |
| <input type="checkbox"/> | Enough money to cover expenses before you receive your first salary at the end of the month           |
| <input type="checkbox"/> | Adaptor for your electrical equipment (120V Typa A and Type B)  |
| <input type="checkbox"/> | Copy of (Health insurance policies  |
| <input type="checkbox"/> | Camera  |
| <input type="checkbox"/> | Contacts of tutor, landlord, employer, laeste committee National Office (e.g. for delays or problems) |
| <input type="checkbox"/> | Special medication if necessary (or ask your doctor if they are available in Ecuador)                 |
| <input type="checkbox"/> | Hiking shoes (if you want to explore nature and mountains)  |

☐

Warm clothes and also for beach like weather

☐

Raincoat

☐

Typical items from your country, e.g. flag, t-shirt, food, drinks (for an international evening)

☐

Small gifts if you want, e.g. for your employer, tutor or landlord



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# Upon arrival

## Public Transportation

Public transportation in Quito reaches the majority of places within the city. Each bus ride costs approximately \$0,35 although depending the destination this could go up to \$1.

Consider that Quito now has a recently opened subway line that crosses the city from North to South, each metro ride is \$0,45.



Minimum taxi fares are \$1,50 and from the airport to the city is around \$30 during daily hours.

# Interprovincial transportation

There are different operators that offer interprovincial transportation operators within the city. Depending on your destination, touristic sites are often reached as official stops of the operators, but be prepared to use both bus and taxis to reach your final destination.

The final cost of the bus ticket will depend on where you travel but prices can vary from USD 10 to USD 22

These are some operators you can use to travel:

- [TransEsmeraldas](#)
- [EcuadorBus.Com](#)
- [Panamericana Internacional](#)



## Travel Agencies

If you want to travel to special touristic destinations within Ecuador such as Yasuni or the Galapagos Islands you can opt to travel with some affordable travel agencies:

## Casa Carpedm

Casa CarpeDM is strategically located in the heart of Quito's historical center, offering a blend of colonial charm and modern comfort.



## Rebecca Adventure Travel

Offers a wide variety of Ecuador multiple-day tours where you can experience the best of these three regions of this beautiful country: the Andes, the Amazon, and the Pacific Coast. Additionally, there are shared and private Ecuador tours available, which are led by English-speaking guides.



# Local SIM Card

Getting a prepaid plan is the best option for your stay. Most providers offer several prepaid plan options that can fit your needs whether you use your phone a lot (calls and data) or casually.

We will give you a welcome kit with a Tuenti sim card that you can use. To activate it you must follow the steps below:

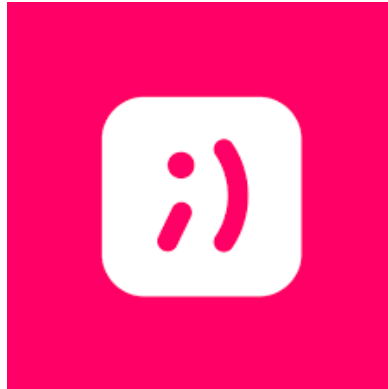
1. You will need: Your passport, your chip ICC number (you can find the number on the back of your chip, it starts with the numbers 8959...) and the phone number from your Tuenti chip.
2. Download the Tuenti app in your phone. In the bottom right part you will find the button "Ayuda". Click on it and it will land on list of options



# tuenti



3. Scroll down and you will find the button “Chatear”. Click on it and you will be taken to a chat where a Tuenti employee will help you activate your account.



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## In Ecuador Security

We recommend you take care of yourself, since being alone in Ecuador can be tricky as a foreigner. Here are some tips that you should follow to keep you safe:

- Avoid walking alone at night
- Do not bring with you more than 20 dollars cash at once
- When you are walking or taking public transportation, keep your laptop or cell phone in a safe place to avoid the attention of thieves
- You will need a copy of your passport instead of the original, only take your original passport when you are travelling.

# Emergency Numbers

911 - Public Emergency Number

101 - Police

102 - Fire Department

103 - Red Cross



Keep in mind that your safety should be your outmost priority while going out. Follow the recommendations above to ensure you enjoy your stay safe and sound

## Vaccination

If you want to travel for tourism to Amazon region to its natural reserves or if your traineeship will be done there, employers require for Laboral purpose that all students must have vaccinations for the following:



Tetanus	Hepatitis A
Yellow Fever	Hepatitis B
COVID (full dosis)	Typhoid

# Learning Spanish

If you are interested in going deeper with learning Spanish you can contact La Lengua Spanish School and Tours. They offer a diverse set of plans that can adapt to each of your needs and they even offer private lessons at home.



Private lessons (One to one)	USD 12 per hour
Group lessons (max. 5 people)	USD 9 per hour
Private lessons at your home	USD 14 per hour

## Contact Information:

### Byron Coronel:

- **Mobile:** +593 98 340 42 39
- **WhatsApp:** +593 98 340 42 39
- **E-mail:** spanishlalengua@gmail.com

### Ligia Perez:

- **Mobile:** +593 98 355 3552
- **WhatsApp:** +593 98 355 3552

# Dancing Academy's



For those who want to learn how to dance along salsa and tropical rhythm's of Latin music we recommend to go to Soul Dance Studio. It's located in the following direction:

<https://maps.app.goo.gl/unuzb3F941Tmf7VG9>

You can contact Juan Diego Jibaja (+593 97 887 0770), founder of Soul Dance Studio who will help gladly help you. Classes are available:

- Monday through Friday in the afternoons
- Tuesdays, Thursdays and Saturdays in the morning
- Tuesdays and Thursdays at night



Consider that Juan Diego will open up a separate class if you come in groups larger than 6 people.

## Costs

**Registration Fee:** USD 20

- USD 60 for 2 weekly hours of class (the amount will increase if you want more classes)

# Places you **MUST** visit

## **The Middle of the World Monument**

Located within the equatorial line sits the monument of the middle of the world. There is lot of attractions, restaurants and museums you can visit.

### **Costs**

Adults: USD 5



## **TeleferiQo**

Ascend to new heights of adventure with Quito's TelefériQo! Glide from city to summit in minutes, soaking in breathtaking views of Quito and the Andean peaks. It's an unforgettable journey that promises thrills and awe in equal measure. Don't miss the chance to see Quito from a whole new perspective!

### **Costs**

Adults: USD 7



## Centro Historico

Explore Quito's Historic Center, a UNESCO treasure trove of colonial charm. Wander cobblestone streets, discover centuries-old buildings, and immerse yourself in Ecuador's rich history and culture. From bustling markets to hidden courtyards, every corner promises enchantment and inspiration **Costs**

Depends on what you visit. Expect to spend around USD 20 that will cover tour guides in attractions such as La Compania Church tour, Basilica entrance fee and lunch.



# Gastronomy: Fruits

## Passion Fruit

Also known as maracuyá, is like a little burst of sunshine from the tropics! With its wrinkled, purple or yellow shell, it might not look like much from the outside, but inside, it's a whole world of flavor waiting to be discovered.



## Dragon Fruit

With its striking appearance and subtly sweet flavor, it's a tropical treat that's as delicious as it is beautiful. Whether you're enjoying it on its own or adding it to your favorite dishes, this exotic fruit is sure to add a splash of vibrant flavor to your day.



## Soursop

A tropical treasure. With its spiky green exterior and creamy, tangy-sweet flesh, it's a flavor sensation like no other. Whether you're blending it into smoothies, enjoying it fresh, or indulging in desserts, soursop promises a taste of paradise in every bite.



## Tree Tomato

An egg-shaped body and smooth, tree tomato has a shiny skin ranging from deep purple to bright orange, it's a feast for the eyes. Slice it open, and you'll reveal juicy, tangy flesh that's packed with flavor. It's a delightful combination of sweet and tart, with a hint of earthy richness that's truly unique.

# Cultural Events

## First Declaration of Independence

The First major attempt for independence started nearly 300 years of Spanish colonization. The citizens of Quito (Ecuador's capital) were the first to rebel and declare independence on August 10th, 1809. To commemorate the date the capital celebrates a series of events within the old town and the city.



## Guayaquil Independence Day

The independence of Guayaquil is celebrated every October 9th in Ecuador. Vibrant cultural performances, such as traditional music, dance, and theatrical reenactments, are held throughout the city to celebrate Ecuador's rich heritage and diversity...



## **Día de los Difuntos**

The Day of the Dead, known as "Día de los Difuntos" in Ecuador, is a significant tradition celebrated on November 2nd each year. This day is a time to honor and remember deceased loved ones by visiting cemeteries, bringing flowers, and sharing traditional food with the departed. It is traditional to eat "Guaguas de pan" with "colada morada" during this day.



## **Cuenca's Independence Day**

The Independence of Cuenca is celebrated on November 3rd in Ecuador. On this date, the city of Cuenca, located in the southern part of Ecuador, gained its independence from Spanish colonial rule in 1820. The festivities include colorful parades, dances, parties, fireworks displays, as well as food fairs and sports events. Cuenca, declared a UNESCO World Cultural Heritage site, invites you to enjoy the vibrant festive atmosphere of the city.



## **Quito Independence Day**

Every 6th of December, Quito commemorates its independence from the Spanish colonies. The local government organizes around 200 events annually within the city. It is typical of this date to drink the special beverage called "Canelazo" while playing the ecuadorian card game "Cuarenta".



## Contact Us

National Office - Quito

IAESTE Ecuador

**Campus USFQ - Diego de Robles s/n y Pampite**

Casa Tomate - 301

Phone: +593 2 297 1700 ext 1178



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**We wish you a happy  
internship**