

SPANISH SCHOOL AND FAMILY HOMESTAY - Ecuador - From 7 Days



COUNTRIES VISITED: ECUADOR

INCLUDES

- 4 hours one-to-one tuition per day Mon-Fri
- Cultural Programme each afternoon Mon-Fri visiting some of Quito's historical and cultural highlights with your Spanish tutor
- 7 nights accommodation with a host family - practice your Spanish at the end of the day!
- 3 meals per day, except Sunday
- Laundry services
- Airport transfer on arrival

EXCLUDES

- International flights
- Visas
- Airport departure taxes

- Alcoholic beverages, soft drinks or bottled water
- Snacks
- Travel Insurance
- Laundry
- Meals not listed in the itinerary
- Tips

TRIP ITINERARY

DAYS 1 - 7 SCHOOLING HOURS

Courses are available from beginners to advanced students and teachers will evaluate your level and devise a personal learning programme to suit your needs. Besides grammar, emphasis is placed on pronunciation, conversation and words, building your confidence to communicate with native speakers or your local family.

Classes are held in the morning from 8.30am - 12.30pm from Monday to Friday.

Every afternoon from 2.00pm - 4.00pm there is a cultural program, where the school organises an excursion accompanied by teachers (bus fares and entrance fees are not included).

On the weekends you have free time to explore the city and surrounds, and try your hand at your language skills.

The length of stay and time of tuition required is entirely up to you, however, a guideline is that with 20 hours tuition per week, you should be able to have a basic dialog within 2 weeks. You can start the course any day of the week, to suit your travel arrangements!

ESSENTIAL INFORMATION ABOUT YOUR TRIP

ARRIVAL & ACCOMMODATION

Trip Joining Point: Homestay - Quito

Start Time Day 1: 08:30

Your First Day at school starts at 8:30am. Make your way to the Escuela de Espanol Atahualpa. All you need to take is paper and pen, and you may find a pocket dictionary helpful too. Close to the new city area.

PRE-TRIP ACCOMMODATION:

If you would like to arrange any pre-trip accommodation before your homestay we can recommend a hotel we use on our trips, please contact us for more information.

AIRPORT TRANSFERS:

Airport Transfers are included in the cost of your adventure please provide us your flight number, arrival date and arrival time and your host family will collect you from the airport. If you would like to make your own way into Quito from the international airport it is very straightforward. Upon clearing customs and entering the arrivals hall there is an official airport taxi desk right in front of you. Show them the name of the hotel / address of family (is it advisable to have the full address written down) and they will issue you with a ticket. Upon exiting the airport building the official taxi rank is in front of you, hand the ticket to the driver and they will take you straight to the address. You pay the driver directly upon arrival, the amount is stated on the ticket. The official taxis are yellow with a green stripe.

PASSPORTS

Your passport must be valid for at least 6 months AFTER your trip finishes. This is a general requirement for all of the countries we travel to on our trips.

If you have dual nationality you can only use one passport for the entire trip. It is your responsibility to ensure you have all the relevant visas you require.

VISAS

The information below is to be used only as a guide and may change without prior notice. It is advisable to contact the relevant embassy in plenty of time before the trip departs to check the current visa requirements. It is **your responsibility** to ensure you have all the relevant visas you require.

Visas must be paid for in USD cash ONLY.

On arrival to countries in South America, you will be given an 'Immigration card'. It is important that you keep this with your passport during your entire stay in the particular country as it is needed for departure. Failure to produce this immigration slip can result in a fine.

Transiting via the USA - Travellers who are flying to South America via the US will require either a US visa or for certain nationalities an Electronic System for Travel Authorization (ESTA) to take advantage of the visa waiver programme. These can be processed and paid for [here](#).

If you have travelled to Iran, Iraq, Sudan, Syria, Libya, Somalia or Yemen since March 2011 you will not qualify for the ESTA and must apply for a visa.

It is very important you establish your ESTA eligibility and have the correct documentation before departing, as if you do not have the right authorisation upon checking in at the airport you may not be permitted to travel.

For more information on other nationalities & visas checkout www.projectvisa.com

Ecuador

Passport Holders from UK, Ireland, Australia, New Zealand, USA, Canada and most EU countries will not require a visa to enter Ecuador.

Passport Holders from other countries, will need to check the current visa requirements with the relevant consulate, and whether you need to obtain the visa in advance.

Travellers **must** have physical proof of health care Insurance whilst travelling through Ecuador. You may be asked to provide this at Immigration at the land border or at the airport on arrival - a printed copy of your travel Insurance should suffice. You will also need a Yellow Fever vaccination certificate if coming from Colombia or Peru - see the Vaccinations and Health section below.

VACCINATIONS AND HEALTH

It is possible that you may require some vaccinations for your trip, depending on the areas that you are visiting. As we are not medically trained, we are unable to give detailed advice on vaccination requirements, so please use the information below as a guide only. We have worked closely with **Nomad Travel Clinics** for many years and they offer Oasis travellers a **10% discount** on vaccinations, anti-malarial drugs, first aid items, clothing and equipment, just enter discount code OASIS1000 at www.nomadtravel.co.uk. Alternatively you can check out the [fit for travel website](#) for more travel health information or consult a reputable travel clinic or your GP for information and advice. We suggest that you allow at least 8 weeks to get all your vaccinations.

Yellow Fever - Being vaccinated against Yellow Fever and having a valid certificate and a photocopy is deemed compulsory in some countries we visit, especially at certain borders and are needed if you are

entering from an infected country. You can view a list of countries requiring a certificate through the World Health organisation http://www.who.int/ith/ITH_country_list.pdf

Rabies - Vaccinations are regularly advised for many countries that we travel through - especially if time and money are not a deterrent.

Malaria - In some of the areas we visit there is a risk of contracting Malaria. You must be aware that whatever malaria prophylactics you are taking, they only offer partial protection. They must be coupled with your own physical efforts against being bitten - which is the best prevention. Malaria-carrying mosquitoes come out at sunset so from this time you should wear long sleeves and trousers. Exposed skin, especially ankles, should have insect repellent containing 'Deet' applied to them. Your crew will advise on where the worst affected areas are on the trip. There are a number of prophylactic malaria treatments on the market & requirements change. It is also wise to take a sample of whichever prophylactic you choose, a few weeks before you leave. This way you may determine early on if you have any adverse reactions so you can change the regimen if necessary. Please consult a reputable travel clinic or GP for advice. For more information visit www.nomadtravel.co.uk or www.fitfortravel.scot.nhs.uk

Medical advice should be taken particularly if you are visiting the jungle in either Ecuador or Peru, the Brazilian Pantanal or Iguazu Falls in either Argentina or Brazil as part of your trip.

Altitude sickness - This is caused by thin air (due to lack of oxygen) and can affect anyone arriving at high altitude (above 3000mtrs). The symptoms are headaches, dizziness, shortage of breath and possibly nausea. To avoid this or alleviate the symptoms make a point to acclimatize by arriving into a high altitude destination a few days early and make sure you do not over exert yourself, rest for a few hours, avoid drinking alcohol, smoking, large meals and drink plenty of water.

As we are travelling mostly by land (as opposed to flying into a high altitude location) we should acclimatise gradually, and so avoid 'soroche', mountain sickness.

Dengue - Unlike the malaria mosquito, which bites at night, the dengue carrying mosquito bites during the day. Some areas we travel to do have occasional outbreaks & it is therefore advised that you take care not to be bitten during the day as well as at night. There is no vaccine available.

Health - To join our trips you should be in good general health. Your medical insurance company must be told if you have any pre-existing medical condition / allergy or if you are on any regular medication, otherwise you may not be covered under your policies for these. Our crew will need to know of any medication or conditions you may have. For general health advice log onto www.nathnac.org/travel/

TRAVEL INSURANCE

It is a compulsory requirement that you have adequate travel insurance before you join any Oasis Trip & at the very least are insured for all necessary medical & repatriation costs incurred.

You will be asked to provide the following details in **My Oasis Account** if you have not already done so: travel insurance name, insurance policy number & insurance emergency telephone number. You will also be required to give a copy of your policy with this information to your Tour Leader on arrival with confirmation that the policy duration is sufficient to cover you for the entire duration of your trip. It is also wise to leave a copy of your insurance policy with a friend or relative for safe keeping.

We believe that your safety and holiday enjoyment are very important. It is a mistake to think that "it will never happen to me". It is also very important that you are covered for all the activities that you may wish to undertake while on our trip. It is extremely important that you check the full extent of your cover related to 24 hour Medical Emergency Assistance. In the event of you needing medical treatment you want to know that you have the best cover available to you. Your policy should include adequate Medical Emergency and Repatriation cover as well as Cancellation, Baggage and Personal Liability cover. You need to be aware of EXACTLY what activities your policy covers you for. Please note that skiing is not usually covered in most insurance policies.

We offer tailor made Overland Adventure Travel Insurance that covers most of the adventure and sporting activities on our trips.

For further information on the insurance we offer, the activities covered and costs, check out the [Travel Insurance](#) section of our website. You can purchase our insurance by logging into [My Oasis Account](#) and click 'Buy Insurance' or through the following [link](#).

CLIMATE

You will experience a varying degree of climatic changes at any time of year, from freezing temperatures (down to as cold as minus -15°C) in the Andes, to scorching heat in the desert and heavy downpours in the jungle (up to as hot and humid as 47°C and 90% humidity).

The rains in the Andes usually occur between November and April. This means downpours once or twice a day with the rest of the day usually warm and sunny, although there will also be times where it may not rain at all for a week or so. April to October is the dry season with clear views of the mountains. It is hot during the day but extremely cold at night with temperatures often well below zero. You will be spending a lot of time at altitude where nights can be very cold at any time of year.

The deserts in Peru can also be cold during the night but can be very hot during the day particularly between October and May. The Amazon Jungle is very hot with high humidity plus regular downpours of rain usually year-round. [View South American Climate Chart](#)

If you are travelling on a trip that goes through Patagonia in July - September, please be aware it will get very cold at times with temperatures well below zero, and you can expect snowfall. Please be prepared for cold conditions, with thermal clothing and the correct sleeping bag.

PHOTOGRAPHY AND ELECTRICAL EQUIPMENT

Cameras (incl. Digital & Video Cameras) - An easy to use 'point and press' will get you some good photos. For memorable shots, it may be worthwhile investing in an SLR camera, but be sure to get some practice in before the trip! Most towns and cities have internet cafes where you can download onto CD/ internet sites - but don't rely on it.

Photography - Be aware of your surroundings when taking photographs and filming. Some locations will be sensitive or have local laws banning photography. For example it is usually forbidden to use cameras at borders or around government buildings, military installations, bridges and airports or to take photos of local officials. If you do take photos or film where it is not permitted you may find yourself being questioned by irate officials who may decide to confiscate your camera or instruct you to delete all the images/footage on your device. If in doubt ask for permission, or if there is no-one to ask use some common sense.

Drones - As the use of drones becomes more common, countries throughout the world are gradually updating their laws and restrictions on usage. The specific regulations will vary from one country to another, so do check the UK Foreign and Commonwealth Office advice for the latest information. As with cameras, use your common sense if you do use a drone and avoid operation in sensitive areas. If you plan to bring a drone on your trip with us please contact us first to ensure there will be a suitable place to store it while on your trip.

Electrical charging & power supply - It may be difficult to find a power source for charging at times, so a spare battery is a must. Log onto www.whatplug.net for information regarding the different electrical plugs and voltage used in each country.

CONTACTING HOME

The internet and WiFi are readily available in almost every town and city you will visit; most hotels and hostels will have free WiFi as will many bars and cafes. Do bear in mind that the connections can be unreliable and will not always be as fast as you are used to at home. If a lot of people try to use the internet at the same time the speed will be slower still, especially if trying to make Skype calls or upload photos/videos. During periods of the trip where we are camping, internet will be less common.

Some travellers choose to take an unlocked mobile phone with them and buy local SIM cards in each

country, allowing them to use mobile data. If you particularly want or need regular internet access this may be a good option. Telephone calls can be expensive usually £1 to £5 for a three minute call.

Online Diaries - A great variety of free "travel blogs" are now available online, they are a good way of keeping relatives and friend up to date with what you are doing and a good place to upload photos, collecting messages as well as keeping a record for yourself.

RESPONSIBLE TRAVEL

Before you go

- Remove unnecessary packaging before you go - waste disposal facilities are often stretched or non-existent in the places we visit. To avoid unnecessary pollution of local water supplies take environmentally friendly toiletries with you.
- Why not invest in a wind-up or solar-powered torch or media player before you travel or at least rechargeable batteries.
- Learn some of the local language and read up on the local history/culture before you go. You'll get so much more out of your trip.
- Why not pack some pens/pencils exercise books in your rucksack and they can be donated to a local school or project while you're away. You can also purchase these items cheaply, locally which will help local businesses.
- Take a sturdy water bottle with you from home that you can re-use throughout your trip. We carry large quantities of purified water with us on our Expedition vehicles and it is much better for the environment if you drink this, rather than purchase bottled water along the way. (It also saves you money).
- Water-to-Go: Oasis Overland have partnered with Water-to-Go to help reduce the number of plastic water bottles consumed during a trip. Water-to-Go is a filtration system that eliminates over 99.9% of all microbiological contaminants including viruses, bacteria, chemicals and heavy metals from any non-salt water source. Click [here](#) and enter the code OASIS15 to purchase your [Water-to-Go](#) products at 15% discount. Water-to-Go will then donate a further 15% to Oasis Overland Charity projects.

While you're travelling

From experience gained in running trips, we have developed our own practical and manageable environmental policy which all of our crew practice on the trips we operate, and they will share this information with you at the start of your trip. We welcome your input on this, plus any new ideas you may have, to improve our existing procedures. As a guide here's a few tips to bear in mind.

- Don't waste water. It is a scarce resource in many of the places our trips visit. On all our Ultimate and Overland Expeditions we carry large quantities of purified water with us. We encourage you to refill your own water bottles from this supply, rather than purchase bottled water along the way-much more environmentally friendly and saves you money.
- Never buy endangered species or endangered habitat products. Apart from the fact of it being illegal it also encourages the trade to continue.
- Look after and preserve the areas we visit. Be careful about stepping on coral reefs or trekking on undesignated tracks.
- Buy locally made crafts and products helping to support the local economy.
- Don't feel when bargaining that you have to get the cheapest price possible just for the sake of it. Pay what the item is worth to you & don't worry about what someone else has paid.
- Try the local food and drinks - this will help to support local farmers and food sellers. Sitting in a local cafe is also a great way to meet local people.
- Dispose of litter appropriately on your trip. This includes cigarette butts. Not only does litter look unsightly it can be lethal to wildlife.
- Where any toilet facilities exist, however unsavoury they might seem to you, they should be used. Where they do not, always bury your waste and make sure it is never near (at least 30m) a water source.
- When game viewing do not encourage your guides to get too close to the wildlife so that their natural behaviour is impeded.
- Respect local customs, traditions and beliefs of the people in the different regions that you travel

through.

- Do not take photos of people, ritual events or special places unless you have asked first. Dress appropriately according to local codes and show respect around religious festivals.
- Recycling is almost non-existent in many of the areas and countries we visit - we do the best we can with limited resources & space on our vehicles.
- For books dedicated to travelling more responsibly & ethically see: www.tourismconcern.org.uk

Community Projects - Oasis are active in raising awareness and providing support to a number of projects and local schools where we believe we can make a positive difference. More information on the [projects we support](#).

SECURITY

The UK Foreign and Commonwealth Office (FCO) offer country-specific advice, regarding not only security but also entry regulations, local laws and customs and health. We strongly recommend all travellers visit the FCO website, or the equivalent in their home country, to familiarise themselves with local conditions and issues in the countries they plan to visit before committing to a trip with us. You can view their website [here](#).

If you have any questions at all about the safety or security of your trip, please do not hesitate to contact us and we will be happy to discuss your trip in more detail.

In cities - All major cities have their share of petty crime (just like our cities) and sensible precautions need to be taken. Wearing expensive looking jewellery or watches and carrying cameras will draw unnecessary attention to you. Leave valuables such as passports and excess money in your hotel safe (we recommend carrying a copy of your passport details page at all times). You may find a simple money belt is more discreet than a bag. Always be aware of your surroundings and when approached by people you do not know, use your common sense. At night in cities it's best to use a taxi, rather than walking around the streets, single women in particular need to be careful and we would suggest that it is safer to be in a group.

Oasis does not take responsibility for clients' personal items and we advise you to not take items of value that are not essential for the journey.

WHAT TO EXPECT

LIFE ON THE ROAD

Or Should we say 'Life at School'!

About the School

Situated in the heart of Modern Quito, close to the main Avenue where Quito's most important shops, travel agencies and restaurants can be found, Atahualpa Spanish Institute offers a pleasant and familiar atmosphere. It is a small school where students are the centre of attention and individual expectations of each student can be met. Each teacher has a minimum of five years experience and a University degree. Experience has shown that one-to-one tuition is the most effective way to learn a foreign language.

About the Courses & Levels

Courses are available from beginners to advanced students and teachers will evaluate your level and devise a personal learning programme to suit your needs. Besides grammar, emphasis is placed on pronunciation, conversation and words, building your confidence to communicate with native speakers or your local family.

Classes are held in the morning from 8.30-12.30 from Monday to Friday. Every afternoon from

2.00-4.00pm there is a cultural program, when the school organises an excursion accompanied by teachers (bus fares and entrance fees are not included).

The length of stay and time of tuition required is entirely up to you, however, a guideline is that with 20 hours tuition per week, you should be able to have a basic dialog within 2 weeks. You can start the course any day of the week, to suit your travel arrangements!

Accommodation

While you are studying you will be staying with a host family and have a private bedroom. This is an excellent opportunity to practice communicating in Spanish and learn more about the local lifestyle as well as providing local families with an extra income.

Host families are selected carefully for their comfort and location. The address of your family will be sent to you once you have confirmed your booking and sent us your arrival details.

Meals

3 meals a day are included whilst staying at your accommodation, and your laundry will also be done (except Sunday).

Vegetarians / Vegans / Coeliacs / Gluten & Lactose intolerance - Your host family will always do their best to cater for any dietary requirement or intolerance whenever possible. However they cannot cater for fussy eaters. It must be remembered that the variety of dishes available to vegetarians may not be the same as available to meat eaters. If there is anything in particular you require in your diet or because of an allergy or would miss from home, it would be best to bring these with you.

Remember that when eating out in local restaurants & hotels that vegetarianism or food allergies / intolerances, are still not widely known about or understood by many local people. i.e Vegetarians or Vegans will often be offered fish or chicken in error. Most large towns and cities, or areas used to tourists, will often have more choice but please be aware that it will probably not be as varied as you are used to when eating out at home.

Optional Excursions are paid for on the day and organised during your trip, so you can decide whilst travelling which activity you may want to do. Prices listed are only a guide and may be dependant on fluctuating exchange rates and minimum numbers. Please see below for more details.

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