3 Preparing for your trip to Ecuador
11 Health and Immunization Information
19 Students Visa Requirements
21 Visa Registration and Census Card
20 What to Pack List
25 Suggested Reading List
26 Emergency Contact List
1. Ecuador: Brief Information

HISTORY

When the Europeans first arrived in Ecuador in 1526, the Andean basins and the coastal section of Ecuador were populated by indigenous tribes. The Incan Empire extended over the highland area to an area near Quito. A Spanish Conquistador named Francisco Pizarro conquered the land in 1532, and throughout the 17th century the Spaniards ruled Ecuador. During their rule, the Spaniards exploited the indigenous population through forced labour.

This exploitation of the indigenous population led to the first revolt against Spain in 1809. However, it was not until 1822 that Ecuador, with the support of Simón Bolívar, gained its independence from Spain as part of the state of Gran Colombia, which included Venezuela, Colombia and Ecuador. The state of Gran Colombia lasted only 8 years, and in 1830 Ecuador became the independent country it is today. Nonetheless, the ruling classes maintained control over the majority of the land and natives remained indentured workers under the hacienda system.

Despite signing a treaty with Peru in 1830 which established a border between the two nations, a war broke out in 1941, and Peru tried to take a large portion of Ecuador’s territory. The boundary was redrawn in 1942 by a conference of foreign government ministers; however, this boundary was never recognised by Ecuador, and conflicts between the two nations continued. The most significant conflict was in 1995, when a number of soldiers on both sides of the border were killed. Following another conflict in 1998, a settlement was negotiated between the two countries in which Peru retained a large part of the land under dispute.

Following several years of military dictatorship (and in particular the discovery of oil in the eastern part of the country), Ecuador returned to democracy in 1979. Since that time, and notably since the mid-1990’s, the country has been characterized by high levels of poverty and inequality, leading to political instability and the ousting by public protest of 3 presidents. Ecuador suffered a catastrophic economic collapse in 1999/2000 that saw many banks close and emigration (mainly to the US and Spain) increase dramatically. Since the 2006 election of President Rafael Correa, political volatility has decreased but the country appears more polarized.

LANGUAGE

The daily language of Ecuador is Spanish, although Quichua (an Inca language) and Shuar (spoken in the rainforest region) were recognized as official languages by the 2008 Constitution. The university is bilingual in its class offerings, but not everyone is fluent in English.

Preparing for your trip to Ecuador
POOPULATION

There are 13.8 million people living in Ecuador. Guayaquil is the most populous city with a population of about 2.5 million and the second most populous is Quito with 1.5 million people.

The population of this country is largely made up of mestizos (a mixture of both European and indigenous ancestry), followed by indigenous, Spanish and African. People are largely concentrated in two areas: the coast (approximately 50%) and the highlands (approximately 45%). There is a distinct rivalry between people of the coast and people of the highlands. The majority of the indigenous people live in the highlands. The remainder of the population live in the Oriente and the Galapagos Islands.

One thing that will strike you about Ecuador is the separation of the population into distinct social classes, and the realization that these social classes run almost entirely along racial lines. Historically, social class grew from the distinction between the people who controlled the land, and the people who worked on the land. Generally speaking, political power and wealth is associated with those of European descent, while poverty is associated with the indigenous and African groups. Regardless of social class level, Ecuadorians take great deal of pride in their appearance because it symbolizes position in society. For example, someone from a lower class will try to look their best with what they have, but someone from a higher class would be ashamed to be seen in public in shabby clothing.

RELIGION

Approximately 95% of Ecuadorians are Roman Catholic. Despite this overwhelming majority, a number of other religions exist and gradually increase in size, such as Evangelical Christian churches, Latter Day Saints, Jehovah’s Witnesses. Small percentage of Jews, Bahais, Muslims, Buddhists and Hindus are also present in Ecuador.
**FOOD**

Ecuador is known for its exquisite exotic fruits, fish, seafood, and countless varieties of Andean potatoes. The cuisine varies depending on the region; however, most meals include starch. It is possible to have several varieties of starch in one meal, such as green plantain, rice, corn, yucca, potato and pasta. Green plantains (a cousin to the sweet banana) are also popular throughout Ecuador and are prepared in a variety of ways. They tend to be firmer and lower in sugar than sweet bananas.

Since Guayaquil is on the coast, there is a great variety of seafood, especially shrimp. You will find excellent cheese in Guayaquil—almost any kind—but the most commonly consumed is fresh cheese called “queso criollo” or “queso manabita” which is similar to mozzarella cheese but saltier. Beans and corn are staples in the Ecuadorian diet.

Lunch (almuerzo) is the main meal of the day. A typical almuerzo usually takes place between 1:00 and 3:00. It consists of soup as a first course, followed by rice and/or beans with meat, chicken or fish. Most dishes in Ecuador are complemented by a traditional hot sauce known as aji. Similar to Tabasco sauce, you will find aji in almost all restaurants and in your family home. It’s a good idea to taste it before smothering it all over your meal as each will have its own intensity of spiciness.

**CURRENCY**

Since September 2000 the US dollar is the official currency of Ecuador. Dollarization, imposed by Vice President Gustavo Noboa, was the subject of relentless strikes and protests. Indeed, the shift in currency dragged Ecuador into an appalling economic situation, bringing ill-effects such as inflation.

If every US dollar can be used in Ecuador, the contrary is not necessarily true. Indeed, local coins stamped in Ecuador (1, 5, 10, 25 and 50 cents) are not accepted in the United States.
ENVIRONMENT

Despite being one of the smallest countries in South America, one of the great attractions and striking features of Ecuador is its geographic diversity. Basically, Ecuador can be divided into the following 4 regions: La Sierra (central Ecuador including the highlands)

La Sierra includes the Andes mountain range which stretches from the North to the South of the country. La Sierra is home to snow capped volcanoes and mountain peaks, cloud forests and hot springs. Volcano Cotopaxi is one of the world’s highest active volcanoes, standing 5,897m above sea level.

La Costa (the coast)
The Ecuadorian Coast extends from the western slopes of the Andes to the Pacific Ocean. It includes three main distinct ecosystems: the tropical wet forest of the north; the tropical savannas in the center and south-east; and the dry forest of the west and south. However, two additional ecosystems are found throughout the whole coastline: mangroves and rock cliffs.

During the austral winter (June to September), the Ecuadorian coast has an additional attraction: the presence of Humpback whales that migrate from the Antarctic to tropical waters to mate and give birth. Boat trips are organized in many coastal cities for whale-watching but the favorite spot is the Machalilla National Park.

El Oriente (The Amazon rainforest)
The Amazon Jungle, also called the Oriente, covers the eastern third of Ecuador. This rainforest can be divided into three zones: northern, central and southern jungle. The Amazon region is mainly characterized by exuberantly green tropical forest. However, there is an impressive high diversity of ecosystems and an abundance of exotic flora and fauna can be found. Several ethnic and indigenous groups co-exist with this exuberant nature, notably the lowland Quechua, Siona, Secoya, Huaorani, Shuar, Achuar and Cofán. These ancient tribes are struggling to maintain their customs in the face of an increasingly intrusive tourism. Jungle trips are offered by many travel agencies. However, one must be extremely careful if they venture by themselves in the far inward rainforest since there are still uncivilized indigenous tribes living there.

Galápagos Islands

The Galápagos Islands are volcanically formed islands which lie on The Equator, 1000km west of Ecuador’s coast. It was declared as a World Heritage Site in 1978 and subsequently a World Biosphere Reserve in 1985 by UNESCO. It constitutes an archipelago including 13 large islands, 6 minor ones and dozens of smaller islets and rocks. These incredible islands harbor an extraordinary population of unique, varied and rare species (blue-footed boobies, giant tortoises, flightless cormorant...). The animals are fearless and roam freely through the whole archipelago so that one can get very close to them. The Galapagos Islands also boast beautiful beaches and are home to active volcanoes at elevations of 1,600m above sea level. There are basically three kinds of tours in the Galapagos: the most common and recommended are boat trips with nights spent aboard; the second are day tours returning to the same hotel each night; and finally hotel-based trips staying on different islands. However, be careful and always keep in mind that the cheaper the trip the more likely you are to experience problems.

CLIMATE

There are many different types of climates in Ecuador, considering the altitude of each area of the country. As a result of the central location of Equator, the typical four seasons are non-existent. Generally speaking, the climate throughout the country ranges from tropical equatorial rain in the Amazon to perpetual snow on the top of the mountains. The weather in the Oriente is constantly rainy, humid and warm. La Costa (which includes Guayaquil) is hot year-round, with a humid rainy season between December and May. The climate in La Sierra depends on the altitude, becoming cooler the higher you go. The Galapagos Islands have a unique climate that has created one of the most balanced environments in the world: it is sunny and warm during the months of December-May and it is colder and drier from June to November.
2. Practicalities

SAFETY

Although Ecuador is relatively safe, Guayaquil is the country's largest city, and like any big city it can be very dangerous. Added to this is the fact that the city is highly unequal, with extremes in wealth and poverty co-existing. In recent times the rate of violent crime has increased, as have instances of foreigners being targeted. Cases of "express kidnappings" involving yellow taxis have also been more frequent.

Accordingly, considerable caution needs to be exercised when in the city, such as:

- Always carry with you the CEI Emergency Contact List, including 24-hour cellphone number.
- Conceal your money when travelling and carry your belongings in front of you. Wear a money belt when carrying large amounts of money or important documents.
- Avoid wearing flashy jewelry, watches or anything likely to draw attention.
- Avoid carrying credit or bank cards, passports or large amounts of cash.
- Keep your spending money separate from your credit cards, passport and travellers checks.
- Do NOT go/stay cut alone at night (Keep in mind that the nightfall takes place at about 6:00 PM).
- Always be aware of your surroundings and what is happening around you.
- If someone robs you, do not show any sign of resistance as many thieves carry weapons.
- Do NOT take yellow taxis from the street. CEI staff will supply you with a list of trusted taxi companies that you should use at ALL times (but especially at night).
- Never accept anything from a person you do not know in the street. Some robbers use drugs that affect the cerebral system within 2 minutes and put the victim in a totally passive state. Moreover, it provokes loss of memory of everything that happens during the time that the effects of the drug last. These drugs can be used in candies, sodas, alcohols, perfumes, papers, bills.

More safety tips:

- Pedestrians have no rights. Always check for traffic before crossing the street, even if the light is red.
- Expect cars to pull out right in front of you!
- Carry a copy of your passport as the police may check you at any time. Once you have a Censo (the foreigner ID card) you can carry that instead.
- There are often stray dogs roaming the streets – don't touch them. Ecuador has Rabies and if you get bitten you will require a series of painful and expensive shots.
- Do not give money to beggars on the street as this may expose you to thieves. There are regulated charities where you can safely make a donation.
- Women in Ecuador
  - The most common annoyance experienced by foreign women is the tendency for men to whistle, hiss and stare insistently at them. This is generally harmless behaviour and the best way to deal with it is to ignore it. Sexual assault and rape are not common in Ecuador, but like anywhere, it happens.
  - There are some strong stereotypes about foreign women being more open to sexual advances and experiences, so please be aware that you are prejudged by your accent, appearance and cultural background. Try not to dress too provocatively.

Despite these warnings, most Ecuadorians are friendly and respectful to both foreign men and women.

CLOTHING

Despite the heat and humidity, most Guayacos (natives of Guayaquil) dress conservatively. In particular, shorts are rarely worn in the city or in the university. They are acceptable attire for the beach or for playing soccer (and other sports), but not for street wear. Take comfortable clothing that washes easily and is wrinkle-resistant. Again despite the heat and humidity: bring clothes with long sleeves to avoid insect bites.

A good comfortable pair of walking shoes is a must.

If you travel to the Andes (Quito or Cuenca), there the temperature can vary greatly throughout the day (and between the shade and the sun), so it is best to dress in layers, which will allow you to adapt easily to changing temperatures. You should take a variety of clothing to allow layering: t-shirts, long-sleeve shirts, sweatshirts, and a warm jacket (preferably one that is waterproof).

One final note about clothing: you may be invited to a wedding or other formal occasion, so you should take at least one formal or nice casual outfit.
DOCUMENTATION

In Ecuador you must carry proper documentation (i.e. your passport) with you at all times. Passports must be valid for at least 6 months from the date you enter Ecuador. If you do not have a valid passport or yours will expire soon, and have not yet applied for a new one or a renewal, apply immediately! Please make several copies of your passport. Carry at least one copy with you, but in a separate place from your passport. Another copy should be left with your parents (or other emergency contact). As past participants can attest, it is much easier to replace a lost/stolen passport if you have a photocopy. Do not carry your passport in your luggage, keep it in your money belt or another secure place on your person (we will have more advice on this during orientation in Ecuador). Students on shorter programs will need a 90-day tourist visa, which is given free upon arrival. Do not throw away your copy of the visa! You must surrender your copy when you leave the country. If you plan to stay in Ecuador longer than 90 days, you will need a special intercultural exchange visa, which we can help you apply for.

Please check with the nearest Ecuadorian consulates about specific requirements for your country, which can be located at http://www.mofa.gov.tw/webapp/cf.asp?xItem=283&chNode=790&mp=6. You should also carry your International Certificate of Vaccination.

MOBILE PHONES & INTERNATIONAL CALLS

Most people in the cities use cellular phones, but there are cabinas or phone cabins where you can make local and long-distance calls. Public phones are scarce and require a calling card. Making local or domestic phone calls is inexpensive (1 to 3 cents per minute), and international calls can be more expensive (15 to 30 cents per minute). Calling a cell phone is also expensive (8 cents per minute).

Mobile phones Having a mobile phone will give you peace of mind and make your social life in Guayaquil much easier. If you bring a handset with you, you may purchase a local SIM card. The advantage of having a local SIM card is you will not be charged for receiving international calls and constant roaming. Alternatively, you may invest in a handset. Two prominent phone companies in Ecuador are Movistar (www.movistar.com.ec) and Porta (www.porta.net).

International calls can be very expensive, so most landlines are blocked. Most people will use cabinas telefonicas or top-up cards. The prices will vary depending on the country you are calling. A more economical way of staying in touch is to use Skype via the internet. Skype can be used just like a normal phone, but the cyber café will need to provide headphones, or bring your own. Skype can be downloaded free of charge. For more information visit www.skype.com.

ELECTRICAL CURRENT

Electrical current in Ecuador is generally 110 volts, the same as in the United States.
FAMILY LIFE

All of the host families working with the program have gone through a careful screening process, and many have hosted students in the past. They are given a reasonable compensation to cover costs such as your food and resource consumption (water, electricity, etc.).

It is standard to take a gift for your family. It does not need to be something expensive, small souvenirs of your school or town (e.g., pennants, imprinted pen/pencils, stationery, etc.) are appreciated. A picture book or postcards from your hometown or state are other ideas. Your Ecuadorian host family will be interested in learning about the people they’re filling in for during your time in Ecuador, so you may wish to take pictures of your family to show them.

It is impossible to list every detail of homestays. If for no other reason than sweeping generalizations often do not apply to specific individuals. Therefore, you should not assume that generalizations we make will be exact descriptions of your specific host family. Family habits can vary substantially in Ecuador, just like they do in your country. Generally speaking, however, the families are warm and friendly, and they will be happy to host you. Family living will be explained in more detail during orientation in Ecuador. If you have any problems, misunderstandings, etc., with your host family, please consult with a staff member as soon as possible, so that the situation can be remedied. If, for any reason, the student and host family are not adequately suited for one another – and the situation cannot be resolved – we will switch you to a different family. Serious problems are rare, and for many past students, the homestays have been one of the most enjoyable aspects of the program.

INSURANCE

All students of CEI are required to have a policy of travel insurance sufficient to cover emergency evacuation and repatriation of remains. We also recommend that you have sufficient insurance to cover any valuables (or else don’t bring them). Should you need medical attention in Ecuador, the bill must be paid on-site. When you return home, you can then submit the receipts to your insurance company (and/or for reimbursement).

MEDICATIONS

If you are taking prescription medicine with you, try to take enough to last you for the entire length of the program. If you are susceptible to colds or sinus infections, take your regular brand from home. Contact lens wearers who need solution should also take an adequate supply. If you wear contacts or glasses, you may want to take a copy of your lens prescription from your optometrist, in case you need to replace them. You will want to use a sunscreen with a high SPF, because the sun’s rays are a lot stronger in Ecuador than in most other places. Insect repellent is also a must, preferably one that contains a high percentage of DEET (Deltan is available in many pharmacies in Guayaquil). You might also want to take along over-the-counter cold or anti-diarrhea medication (e.g., Imodium) (As with any medicine, please follow the directions for use.)
We recommend budgeting approximately $30-40 per week in spending money (students not living with a host family can expect to pay more). This amount is based on how much students have spent in the past; however, depending on your resources and spending habits, you may want to adjust this amount accordingly. This figure does not include the cost of meals or drinks out of the home. Regardless of how much money you take, set a budget before you leave, and stick to it as best as possible. Be sure to allow for unexpected expenses (e.g., medical bills, replacing a lost/stolen passport, etc.)

Remember that you are responsible for:
- meals not taken with your host family,
- personal expenses, such as toiletries, gifts and souvenirs; and
- recreational activities, including meals at restaurants, entertainment, and any trips you take on your own.

Use an ATM card issued by your bank, but please ensure that it has a Cirrus or Plus symbol for international use or that it is a credit card, and to inform your bank before you go (so that they do not cancel it by mistake). For cash, the best denomination is $20, but you. Most well-known credit cards (e.g., Visa, Mastercard, American Express, etc.) are accepted at more expensive restaurants and shops, although Visa is more widely accepted than Mastercard or American Express. The Discover Card or gift cards in general are not accepted in Ecuador. Some cash ($20 bills in fairly good condition) will be useful at the beginning of your trip, since you may not have a chance to visit an ATM right away (or it may not be working). Ensure you have enough money for the entire length of your stay, so that you do not need to have funds sent to you. Getting money wired from home is possible (Western Union and American Express Moneygram have locations in Ecuador), but it can be very difficult and expensive.

**VALUABLES**

Leave your jewelry and other valuable articles at home. Remember this important rule of thumb: if the loss of something would ruin your trip, don’t take it.

**PACKING TIPS AND REMINDERS**

**DO NOT PUT YOUR PASSPORT, AIRLINE TICKETS, OR OTHER DOCUMENTS IN YOUR CHECKED LUGGAGE!** You should carry your money, passport, airline tickets, etc., in a money belt, so that your valuables are out of sight and reach.

It is a good idea to carry essential toiletries and a change of clothing in your carry-on, just in case your luggage is delayed. Make sure you put your name and address clearly on luggage tags, and place them directly on your bags. Assume that one luggage tag is not enough; they can come off. You should also have identification on the inside. It is helpful to put some kind of distinctive sticker on your bag to make it easier to spot on luggage conveyors.

**ATTITUDE**

The single biggest factor in making or breaking your experience in Ecuador is your own attitude. An open mind is really all you need to make your experience here one of the most memorable of your life. People are basically the same all over the world. Latin Americans will respond to a smile and interest in their culture with friendship and patience; both you and the Latin Americans you meet will be seeking to understand, as well as to be understood.
THEORY OF IMMUNIZATION

The various recommendations for immunizing infants, children, and adults against diseases are based on medical knowledge, the availability of safe vaccines, other scientific knowledge, and judgments by public health officials and doctors.

Each vaccine has both benefits and risks associated with its use, and no vaccine is completely safe or completely effective. Vaccines are beneficial because they prevent disease and infection, and their associated effects. These effects may be mild symptoms such as a body rash, or they may be more serious problems such as paralysis or death. Depending on the vaccine, the benefits may vary from partial protection to nearly-complete protection against the disease or its effects.

The risks associated with vaccine usage range from common, trivial, and inconvenient side effects, such as mild swelling or low grade fever to (on rare occasions) severe and life-threatening conditions.

The decision to use a particular vaccine is based on its benefits, costs, and associated risks. For each vaccine, recommendations are developed for its use, and these describe who should receive it, when they should receive it, and how it should be administered. These immunization recommendations are developed to apply to a large population; therefore, the recommendations may vary for specific individuals or even between countries. Finally, the relative balance of benefits and risks may change as diseases are controlled or eradicated. For example, because smallpox has been eradicated throughout the world, the risk of side effects associated with the smallpox vaccine now exceeds the risk of smallpox itself. Consequently, smallpox vaccines are no longer routinely given to the general public.

TROPICAL SOUTH AMERICA

Countries in this region: Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Paraguay, Peru, Suriname, and Venezuela. Travelers to Tropical South America may be exposed to potential diseases from a number of sources. The most frequently reported illness is traveler’s diarrhea, but there are other diseases which are unique to Tropical South America or the tropics. These diseases are transmitted by insects, contaminated food and water, or close contact with infected people. Specific diseases are discussed under each of these topical headings. In order to reduce the risk of infection travelers must (1) protect themselves from insects, (2) ensure the quality of their food and drinking water, and (3) be knowledgeable about potential diseases in the region to be visited. Finally, diseases are not restricted to clearly defined geographical areas, i.e. mosquitoes can fly over city or country borders; therefore, all travelers should protect themselves by taking the basic preventive precautions.
DISEASES TRANSMITTED BY INSECTS

Many diseases are transmitted through the bite of infected insects such as mosquitoes, flies, fleas, ticks, and lice. In general, travelers must protect themselves from insect bites by wearing proper clothing, using bednets, applying an insect repellent to exposed skin and clothing, and if possible, avoiding high risk situations, i.e. outdoor activities during night time hours from dusk to dawn when mosquitoes bite, unscreened living accommodations, etc. If a mosquito net is unlikely to be available, consideration should be given to purchasing a portable mosquito net (or you may purchase netting called tuli at any fabric store in Cuenca).

MALARIA

Malaria is a serious parasitic infection transmitted to humans by a mosquito.

These mosquitoes bite at night from dusk to dawn. Symptoms range from: fever and flu-like symptoms to chills, general achiness, tiredness. If left untreated, malaria can cause anemia, kidney failure, coma, and death. Drugs are available to help prevent a malaria infection.

However, in spite of all protective measures, travelers occasionally develop malaria. Therefore, while traveling, and up to one year after returning home, travelers should seek medical evaluation for any flu-like illness.

Risk: Ecuador- risk in all areas, except no risk at altitudes higher than 1,500 meters (4,921 feet). No risk in Guayaquil, Quito, the central highland tourist areas (e.g. Cuenca), and the Galapagos Islands.

Prevention: Travelers to risk areas in the following countries should take one of the following drugs: mefloquine (brand name Lariam®), doxycycline, or Malarone™. Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Peru, Suriname, Venezuela.

Mefloquine (brand name Lariam®)

Directions for use

- The adult dosage is 250 mg salt (one tablet) once a week.
- Take the first dose of mefloquine 1 week before arrival in the malaria-risk area.
- Take mefloquine once a week, on the same day of the week, while in the malaria-risk area.
- Take mefloquine once a week for 4 weeks after leaving the malaria-risk area.
- Mefloquine should be taken on a full stomach, for example, after dinner.

Most travelers who take mefloquine have few, if any, side effects. The most commonly reported minor side effects include nausea, dizziness, difficulty sleeping, and vivid dreams. Mefloquine has very rarely been reported to cause serious side effects, such as seizures, hallucinations, and severe anxiety. Minor side effects usually do not require stopping the drug. Travelers who have serious side effects should see a health care provider.

Do NOT take mefloquine if you have

- Ever had an allergic reaction to mefloquine;
- Epilepsy or other seizure disorders;
- A history of severe mental illness or other psychiatric disorders;
- Been diagnosed or treated for an irregular heartbeat.

Alternatives for travelers who cannot or choose not to take mefloquine include doxycycline or Malarone™.
Doxycycline

(Directions for use)
- The adult dosage is 100 mg once a day.
- Take the first dose of doxycycline 1 or 2 days before arrival in the malaria-risk area.
- Take doxycycline once a day, at the same time each day, while in the malaria-risk area.
- Take doxycycline once a day for 4 weeks after leaving the malaria-risk area.

Doxycycline side effects and warnings:
- Taking doxycycline may cause travelers to sunburn faster than normal. To prevent sunburn, avoid midday sun, wear a high-SPF sunblock, wear long-sleeved shirts, long pants, and a hat.
- Take doxycycline on a full stomach to lessen nausea; do not lie down for 1 hour after taking the drug to prevent reflux of the drug (backing up into the esophagus).
- Women who use doxycycline may develop a vaginal yeast infection. Take an over-the-counter yeast medication with you on your trip for use if vaginal itching or discharge develops.

Do NOT take doxycycline if you are pregnant.
Do NOT give doxycycline to children under the age of 8; teeth may be permanently stained.
Alternatives for travelers who cannot or choose not to take doxycycline include mefloquine or Malarone™.

Malarone
Malarone is a combination of two drugs (atovaquone and proguanil) and is an effective alternative for travelers who cannot or choose not to take doxycycline or mefloquine.

Directions for use:
- The adult dosage is 1 adult tablet (250 mg atovaquone/100 mg proguanil) once a day.
- Take the first dose of Malarone 1 to 2 days before travel to the malaria-risk area.
- Take Malarone once a day during travel in the malaria-risk area.
- Take Malarone once a day for 7 days after leaving the malaria-risk area.
- Take the dose at the same time each day with food or milk.

Malarone Side Effects and Warnings:
Although side effects are rare, abdominal pain, nausea, vomiting, and headache can occur.
Malarone should not be taken by patients with severe renal impairment.
Pregnant women or women breast-feeding infants weighing less than 11 kg (24 lbs) should not take Malarone to prevent malaria.
YELLOW FEVER
Yellow fever is a viral disease found in parts of Africa and South America. It is transmitted to humans by a mosquito bite. Certain countries REQUIRE a yellow fever vaccination. Some countries require a Yellow Fever Vaccination for all travelers, while others require only a vaccination if a traveler is coming FROM either areas infected with yellow fever or areas where yellow fever transmission has occurred (called "endemic" areas).

Risk: Ecuador- provinces of Morona-Santiago, Napo, Pastaza, Sucumbios, and Zamora Chinchipe.
Prevention: If your travel plans include traveling to or from a South American country that is infected with yellow fever or is located in areas where yellow fever transmission has occurred (endemic areas), then the easiest and safest thing to do is to get a yellow fever vaccination and a signed certificate. Be sure to read the Yellow Fever Certificate information below the instructions, and the country-by-country requirements on this page.

Yellow fever vaccination, a 1-dose shot, may be administered to adults and to children over 9 months of age. This vaccine is administered only at designated yellow fever centers, usually your local health department. If at continued risk, a booster is needed every 10 years.

In addition to the vaccine, travelers should use measures to reduce exposure to mosquitoes, and protect themselves from mosquito bites. These mosquitoes bite mainly during the evening and morning hours. See the section “Preventing Insect Bites” below.

Yellow Fever Certificate: After immunization an International Certificate of Vaccination is issued and is valid 10 days after vaccination to meet entry and exit requirements for all countries. The certificate is good for 10 years. You must take the certificate with you. Travelers who have a medical reason not to receive the yellow fever vaccine should obtain a medical waiver. Most countries will accept a medical waiver for persons with a medical reason not to receive the vaccine (e.g. infants less than 4 months old, pregnant women, persons hypersensitive to eggs, or those with an immunosuppressed condition). When required, CDC recommends obtaining written waivers from consular or embassy officials before departure. A physician’s letter clearly stating the medical reason not to receive the vaccine might be acceptable to some governments. It should be written on letterhead stationery and bear the stamp used by a health department or official immunization center to validate the International Certificate of Vaccination.

DENGUE FEVER
Dengue fever is primarily a viral infection transmitted by mosquito bites. The mosquitoes are most active during the day, especially around dawn and dusk, and are frequently found in or around human habitations. The illness is flu-like and characterized by sudden onset, high fever, severe headaches, joint and muscle pain, and rash. The rash appears 3-4 days after the onset of fever. Since there is no vaccine or specific treatment available, prevention is important.

Risk: Dengue fever occurs enzootically in many urban centers in South America and as periodic epidemics. It occurs in both rural and urban areas and poses a health hazard to travelers; the risk is highest in urban centers.

Prevention: There is no vaccine for dengue fever, therefore the traveler should avoid mosquito bites. These mosquitoes bite mainly in the daytime. See the section “Preventing Insect Bites” listed below.

OTHER INSECT DISEASES
Other diseases spread by mosquitoes, sand flies, black flies, or other insects are prevalent, especially in rural areas. These diseases include: Filaria (mosquito), leishmaniasis (sand fly), Onchocerciasis (black flies), American Trypanosomiasis, Chagas’ Disease (“cone nose or kissing” bug), Oropouche Virus (gnats or midges), typhus (lice), and Plague (fleas). Details of these and other insect diseases can be found in the document titled Other Insect Diseases, on CDC website. Also, read the next section “Preventing Insect Bites”.
PREVENTING INSECT BITES
To reduce mosquito bites travelers should remain in well-screened areas, use mosquito nets, and wear clothes that cover most of the body. Travelers should also take insect repellent with them to use on any exposed areas of the body. The most effective compound is DEET (N, N-diethyl metatoluamide), an ingredient in most insect repellents. However, DEET containing insect repellents should always be used according to label directions and sparingly on children. Avoid applying high-concentration (greater than 35%) products to the skin, particularly on children, and refrain from applying repellent to portions of the hands that are likely to come in contact with the eyes and mouth. Pediatric insect repellents with 6-10% DEET are available. Toxic reactions or other problems have rarely developed after contact with DEET. Travelers should also purchase a flying insect-killing spray to use in living and sleeping areas during the evening and night. For greater protection clothing and bednets can be soaked in or sprayed with Permethrin, which is an insect repellent licensed for use on clothing. If applied according to the directions, permethrin will repel insects from clothing for several weeks. Portable mosquito bednets, DEET containing repellents, and permethrin can be purchased in hardware, back-packing, and military surplus stores.

DISEASES TRANSMITTED THROUGH FOOD AND WATER
Food and waterborne diseases are the number one cause of illness to travelers and are very common in Tropical South America. Traveler’s diarrhea is the most frequent health problem for travelers. It can be caused by viruses, bacteria, or parasites which are found universally throughout the region. Transmission is most often through contaminated food or water. Infections cause diarrhea and vomiting (typhoid fever, cholera, and parasites), liver damage (hepatitis), or muscle paralysis (polio). For additional detailed precautions, be sure to read the document Traveler’s Diarrhea & Food and Water Precautions, CDC website.

CHOLERA
Cholera is an acute intestinal infection. Most infected persons have no symptoms or only mild diarrhea. However, persons with severe disease can die within a few hours after onset due to loss of fluid and salts through profuse diarrhea and, to a lesser extent, through vomiting.
Risk: Most recently, cholera outbreaks have occurred in parts of Latin America.
Prevention: Travelers to cholera-infected areas should follow the standard food and water precautions of eating only thoroughly cooked food, peeling their own fruit, and drinking either boiled water, bottled carbonated water, or bottled carbonated soft drinks. Persons with severe cases respond well to simple fluid and electrolyte-replacement therapy, but medical attention must be sought quickly when cholera is suspected. At the present time, the manufacture and sale of the only licensed cholera vaccine in the United States (Wyeth-Ayerst) has been discontinued. It has not been recommended for travelers because of the brief and incomplete immunity it offers. No cholera vaccination requirements exist for entry or exit in any country.

TYPHOID FEVER
Typhoid fever is an acute, life-threatening febrile illness caused by the bacterium Salmonella typhi. The disease is characterized by fever, headache, malaise, anorexia, splenomegaly, and a relative bradycardia. Many mild and atypical infections occur.
Risk: Travelers should be cautioned that typhoid vaccination is not 100% effective and is not a substitute for careful selection of food and drink. Travelers to Tropical South America are at risk for typhoid fever, especially when traveling to smaller cities, villages, or rural areas. Typhoid fever is more common in Brazil, Colombia, Ecuador, French Guiana, and Peru.
Prevention: By drinking only bottled or boiled water and eating only thoroughly cooked food, a traveler lowers the risk of infection. Currently available vaccines have been shown to protect 70-90% of the recipients. Therefore, even vaccinated travelers should be cautious in selecting their food and water. Two available vaccines provide equivalent protection against typhoid fever if taken at least one week ahead of travel time. The oral vaccine consists of 4 capsules taken every other day over a seven day period and requires a booster every five years. Reactions are rare and include nausea, vomiting, abdominal cramps, and skin rash. The new, injectable ViCPS vaccine consists of 1 shot an requires a booster every two years.
HEPATITIS A
Hepatitis A is an enterically transmitted viral disease that causes fever, malaise, anorexia, nausea, and abdominal discomfort, followed within a few days by jaundice. The disease ranges in clinical severity from no symptoms to a mild illness lasting 1 to 2 weeks to a severely disabling disease lasting several months. Transmission can occur by direct person-to-person contact; through exposure to contaminated water, ice, or shellfish harvested from sewage-contaminated water; or from fruits, vegetables, or other foods that are eaten uncooked, and which can become contaminated during harvesting or subsequent handling.

Risk: Travelers are at high risk for hepatitis A, especially if travel plans include visiting rural areas and extensive travel in the countryside, frequent close contact with locals persons, or eating in settings of poor sanitation. A study has shown that many cases of travel-related hepatitis A occur in travelers to developing countries with “standard” itineraries, accommodations, and food consumption behaviors.

Prevention: CDC recommends hepatitis A vaccine or IG for protection against hepatitis A. Two HAV vaccines are currently licensed in the United States: HAVRIX® and VAQTA®. Both HAVRIX® and VAQTA® are currently licensed in two formulations, and the formulation and number of doses vary according to the recipient’s age. Immune Globulin (IG) is recommended before travel for persons 2 years of age or older. For persons electing to receive IG, a single dose (0.02 ml/kg of body weight) of IG is recommended for travel of less than three months. Prevacccination testing is not indicated for children because of their expeted low prevalence of prior HAV infection. For some adult travelers who are likely to have had hepatitis in the past (i.e., persons older than 40 yrs of age, persons with clotting disorders), screening for hepatitis A antibodies before travel may be used to determine susceptibility and eliminate unnecessary vaccination or IG prophylaxis.

PARASITES
Parasitic infections are acquired by eating or drinking contaminated food or water, through direct contact with soil or water containing parasites or their larva, or by contact with biting insects. Symptoms and evidence of infection may include, but are not limited to, fever, swollen lymph nodes, rashes or itchy skin, digestive problems such as abdominal pain or diarrhea, eye problems, and anemia.

Risk: Travelers to Tropical South America are at risk of parasites and infection may occur in several ways: by eating undercooked meats infected with parasites or their larva; by eating food or drinking water contaminated with parasites or their eggs, by contact with soil or water infected with parasites, or through insect bites. Several types of parasites can penetrate intact skin and travelers are advised to wear shoes and avoid swimming, wading, or washing in fresh water (see "Schistosomiasis").

Prevention: Travelers should eat only thoroughly cooked food, drink safe water, wear shoes, refrain from swimming in fresh water, and avoid contact with insects, particularly mosquitoes, biting flies, gnats, and midges.
DISEASES TRANSMITTED THROUGH INTIMATE CONTACT WITH PEOPLE

HIV/AIDS
Human immunodeficiency virus (HIV) which causes acquired immunodeficiency syndrome or AIDS is found primarily in blood, semen, and vaginal secretions of an infected person. HIV is spread by sexual contact with an infected person, by needle-sharing among injecting drug users, and through transfusions of infected blood and blood clotting factors. Babies born to HIV-infected women may become infected before, during, or shortly after birth. In the United States, blood is screened for HIV antibodies, but this screening may not take place in all countries. Scientific studies have revealed no evidence that HIV is transmitted by air, food, water, insects, inanimate objects, or casual contact. Even though HIV antibodies are normally detected on a test within 6 months after infection, the period between infection and development of disease symptoms (incubation period) may be 10 years or longer. Treatment has prolonged the survival of some HIV-infected persons, but there is no known cure or vaccine available. For additional information, contact CDC website, HIV Transmission, and Prevention of HIV Infection.

Risk: The risk of HIV infection for international travelers is generally low. Factors to consider when assessing risk include the extent of direct contact with blood or secretions and of sexual contact with potentially infected people. In addition, the blood supply in developing countries might not be adequately screened.

Prevention: No effective vaccine has been developed for HIV. Travelers should avoid sexual or needle-sharing contact with a person who is infected with HIV. If a blood transfusion is necessary, screened blood should be from an HIV-negative blood donor.

Recommendations: Travelers should be advised to avoid activities known to carry risks for infection with HIV.

HEPATITIS B
Hepatitis B is a viral infection of the liver that can cause lifelong infection, cirrhosis of the liver, liver cancer, liver failure, or death. Primarily, hepatitis B is transmitted through activities which result in the exchange of blood or blood-derived fluids and/or through sexual activity, either heterosexual or homosexual, with an infected person. Any unscreened blood or blood product, as well as unsterilized needles, or contact with potentially infected people who have open skin lesions due to impetigo, scabies, and scratched insect bites, heightens the potential for infection to the traveler.

Risk: The risk of hepatitis B virus infection is highest in the interior Amazon Region and moderate for the rest of Tropical South America. The risk to the individual international traveler is determined by the extent of (1) direct contact with blood or other body fluids, etc., (2) intimate sexual contact with an infected person, (3) the duration of travel.

Prevention: Hepatitis B vaccination should be considered for those travelers to countries with high to intermediate rates of hepatitis B. Travelers who will be providing health care and have a reasonable risk of exposure to blood or body fluids containing blood should be vaccinated.

Vaccination should ideally begin 6 months before travel, in order to complete the full series. The full three dose series should be completed for optimal protection. There is an alternate four-dose schedule that may provide protection if the first three doses can be delivered before.

Recommendations: CDC recommends vaccination for any of the following people: any health care worker (medical, dental, or laboratory) whose activities might result in blood exposure; any traveler who may have intimate sexual contact with the local population; any long-term (5 months or more) traveler, e.g., teachers, who will reside in rural areas or have daily physical contact with the local population; or any traveler who is likely to seek either medical, dental, or other treatment in local facilities during their stay. Hepatitis B vaccination is not required for travel to any country.
OTHER DISEASES

RABIES
Rabies is a viral infection that affects the central nervous system. It is transmitted by animal bites which introduce the virus into the wound. Although dogs are the main reservoir of disease, all warm-blooded animal bites should be suspect.

Risk: For countries in Tropical South America, there is a risk of rabies infection particularly in rural areas, or in areas where large numbers of dogs are found.

Prevention: Do not handle any animals! Any animal bite should receive prompt attention (if you are bitten while on the Program, contact a Program staff member immediately). When wounds are thoroughly cleaned with large amounts of soap and water, the risk of rabies infection is reduced. Exposed individuals should receive prompt medical attention and advice on postexposure preventive treatment.

Recommendations: There are no requirements for vaccination, but pre-exposure vaccination is recommended for travelers visiting for more than 30 days, foreign areas where rabies is known to exist; veterinarians and animal handlers, spelunkers, and certain laboratory workers.

Pre-exposure vaccination does not nullify the need for post-exposure vaccine, but does reduce the number of injections. For additional information, contact CDC website; Rabies Information.

SUMMARY OF RECOMMENDATIONS FOR TROPICAL SOUTH AMERICA

Travelers should (1) take the appropriate country-specific malaria prevention measures (mefloquine or equivalent) or chloroquine), (2) follow precautions to prevent insect bites, (3) pay attention to the quality of their drinking water and food, (4) have a dose of Immune Globulin (IG) or the Hepatitis A vaccine, and (5) consider booster doses of tetanus (Td). (6) Depending on the locations to be visited, planned activities, and health of the traveler, the following vaccines should be considered: Hepatitis B, Yellow Fever, Typhoid, Rabies (pre-exposure), and Cholera. Details for these recommendations are found in this document. (7) Finally, the normal “childhood” vaccines should be up-to-date: Measles, Mumps, Rubella (MMR vaccine), Diphtheria, Tetanus, Pertussis (DTP vaccine) [< 7 years of age], and Polio vaccine. Refer to Vaccine Recommendations. CDC website. For further information on food and water precautions refer to Traveler’s Diarrhea & Food and Water Precautions. CDC website. Pregnant travelers or travelers with small children should check the CDC website for additional information.

FOR MORE INFORMATION

This document, and other documents it refers to, can be obtained from the Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia, USA. Automated Information (24 hours, 7 days): cdcinfo@cdc.gov Tel: +1-888-232-6348. World Wide Web http://www.cdc.gov/travel/
1. Visa application (fill out two forms) and include passport size photos, with white background.

Download the application at:


2. Passport, valid for at least six months, and copy.

3. Proof of registration or certificate of admission in a duly accredited Ecuadorian institution.

4. Financial Solvency Certificate (in one of the following forms):

   - Bank deposit certificate from an Ecuadorian bank or a foreign bank established in Ecuador for at least USD$1000, or;

   - Certificate from an Ecuadorian or foreign financial institution accrediting the necessary means for individual or family support, or;

   - Financial support guarantee granted in Ecuador by a notary public endorsed by the closest Ecuadorian relatives or by resident immigrants in Ecuador.

If the foreigner has any close relatives (dependents), the deposit will increase in USD$500 per dependent.

Source: Ecuadorian Foreign Relations Website
STEPS TO REGISTER CULTURAL VISAS AND TO OBTAIN CENSUS CARD

If you obtain a student or cultural visa, upon arrival to Ecuador, you will be asked to complete the following process within 30 days: (UEES staff will help you in the process)

VISA REGISTRATION

- Register your visa at Dirección de Extranjeria—office in Guayaquil (9 de Octubre y Pichincha, Registro Civil building).
- You need to bring the original Visa Certificate (certificado de visación), your original passport, and xerox copy of your passport first page, visa page, and entrance to Ecuador stamp page.
- Letter from UEES requesting register of visa.
- Add a F5 Manila Envelope and a A4 manila folder.
- Upon turning in those documents, the office of extranjeria will give you an invoice to pay US$10 dollars at any window of Banco Internacional.
- Turn in the 10 dollar receipt at the Dirección de Extranjeria.
- Within 48 hours you can come back to pick up your passport with the visa already registered. (Stamp of visa register in your passport).

CENSUS CARD ISSUING

- Obtain a Ecuadorian ID (tarjeta de censo) at Immigration Police headquarter (Avenue Benjamin Rosales, in front of Terminal Terrestre). You need to bring a notarized Homestay/rental contract, and your original passport showing the registration of your visa.
- A Xerox copy of main photo page, entrance to Ecuador stamp page, visa page, and visa registration page.
- Bring letter from UEES requesting Census Card.
- All documents must be in an A4 manila Envelope.
- Pay US $ 4.00 dollars at the Immigration Police Office.

http://www.mmrree.gov.ec

NOTE: ALL THIS DATA HAS BEEN PROVIDAD BY IMMIGRATION. AUTHORITIES, HOWEVER, THEY MIGHT IMPLEMENT CHANGES IN THE PROCESS WITHOUT PREVIOUS NOTICE.

IMPORTANT NOTE:
UPON ARRIVAL TO ECUADOR YOU HAVE A 30 DAY DEADLINE TO REGISTER YOUR VISA AT THE DIRECCION DE EXTRANJERIA AND TO OBTAIN THE ECUADORIAN ID CENSUS CARD AT THE POLICIA DE MIGRACION. CEI CAN ASSIST YOU IN THIS PROCESS, OR YOU CAN DO IT ON YOUR OWN. THE APPROXIMATE COST IS US$20 DOLLARS.
ESSENTIALS: LOGISTICS, EQUIPMENT

- Money belt - should be worn under your clothes and contain your money, traveler’s checks, passport, credit cards, ATM card, telephone calling card, etc.

- Passport and 3 copies of passport – 1) to carry on you while in Guayaquil. 2) to save as an extra in case, 3) one to leave with your parents or contact person in your home country.

- International Certificate of Vaccination – talk with your doctor about what vaccination you might want and/or need. See also the Pre-departure Health Information sheet.

- Anti-malaria pills – (necessary for travel in certain areas only) Guayaquil is not located in a malaria risk area. Consult your doctor and/or local Health Department about your options for anti-malaria medications.

- International Travel Insurance – covering emergency evacuation and repatriation. The policy offered to students holding ISIC cards in the USA (but not in other countries) is sufficient, but there is a wide range of policies available (e.g. HTH Worldwide).

- Cash – Ecuador uses US currency, therefore it is handy to bring US dollars in smaller bills ($1s, $5s, $10s), especially for the first few days of your trip (but risky to carry lots of cash). We recommend $75 in small bills for the first few days. American Express Traveler’s check are safer in case stolen, but can only be exchanged in the offices of Vazcorp currency exchange or Prodebanco.

- ATM/Debit card – ATM machines are not always reliable but are the fastest, cheapest way to receive money in Ecuador. The limit per day is approximately $300 from an ATM and $500 for cash advances obtained at a bank. Please notify your bank in advance of your intention to travel to Ecuador, as failure to do so may lead to your card being cancelled. Kindly also check with them that your card will function here (normally dependent on having a Cirrus or Plus symbol).

- Padlocks and ID tags for each piece of luggage – Ask at check-in if you should check your luggage locked or not (sometimes security will cut open locked bags). Carry your money, IDs (passport) and other valuables in a money belt rather than checking them in a suitcase.
- Sunscreen, lip sun-block, although you can purchase this in Ecuador too.
- Extra pair of prescription glasses or contacts, including a copy of your prescription.
- Travel alarm clock.
- Spanish/English Dictionary.
- Insect repellent – with DEET.
- Anti-Itch Lotion – For when repellent fails.
- Prescription medicine and a copy of the scientific name of your prescriptions.
- Personal hygiene products – particularly for female participants, as it is often difficult to find such products here.
- Camera and cables.
- Day pack – small backpack that can double as your carry-on.
- Large pack or duffel – good for short trips (although these are available cheaply in markets).
- Hair dryer/Straightener/Curling iron – if you feel you need these while in Ecuador, bring them as they are expensive to buy.
- Host Family gift – local foods, candies, or picture books about your city, typical souvenirs.
ESSENTIALS: CLOTHING, JEWELRY

- Light clothing – the heat and humidity in Guayaquil is probably unlike anything you have previously experienced, and you need to have appropriate clothing (i.e. not too revealing) that will also allow you to live comfortably.

- Pants and shorts – Jeans are very common, especially amongst female students here, but Bermuda shorts and capris are acceptable.

- Shirts – In Guayaquil the heat is intense, so bring shirts that are loose and airy for day wear. Bring some more formal shirts for social occasions.

- Summer Dresses – acceptable provided they are not too revealing, and help with the heat.

- Work-out Clothes – the gym on campus is very nice.

- Clothing layers – while Guayaquil weather is hot and humid, the climate in Ecuador can change drastically in short distances, particularly when travelling to the Andes. You can go from sweating to shivering, from sea level to 12,000 feet /4,000 meters, in a matter of hours. In order to deal with such changes, we recommend light layers that can be added to or subtracted from as needed. Thus base layer, t-shirts, fleeces or sweaters, and some kind or lightweight rain jacket, along with gloves and hat, equip you for all conditions.

- Swimsuits.
- Beach Cover-up.
- Light raincoat or poncho (small umbrella for Spring Semester).
- Walking shoes and/or good sneakers.
- Dress shoes for social occasions.
- Flip flops or sandals for regular wear (available cheaply in markets here).

- Sunglasses.
- Jewelry – don’t bring anything that will attract a lot of attention, or that you are overly fond of, but inexpensive jewelry is ok and common on campus.
NON-ESSENTIALS, BUT RECOMMENDED:
- Anti-diarrhea medication and over the counter cold & flu medication.
- Aspirin or other painkiller.
- Hand disinfectant.
- Small flashlight.
- Ziploc and plastic bags – for keeping your camera, IDs and money dry.
- Small towel – provided by families, but for traveling it’s nice to have.
- Beach towel.
- Washcloth.
- Address book.
- Journal.
- Sewing kit.
- Pictures – of your life and your family at home to share with your host family and friends.
- Computer – if adequately insured and kept in a safe place. It is useful, but there are computers on campus also.

WHAT NOT TO BRING:
- Expensive camera – if it is not insured.
- School supplies – easily attainable here.
- All other toiletries – if you won’t melt without your favorite brand, you can get all you need here.
**BOOKS**

**GUIDEBOOKS**
- "Insight Guide: Ecuador & Galapagos"

**NON-FICTION**
- "The Panama Hat Trail" by Tom Miller (classic travelogue from Ecuador)
- "Savages" by Joe Kane (About the huaorani indigenous tribe and big oil)

**HISTORY/POLITICS**
- "Indians, Oil and Politics" by Allen Gerlach
- "Crude Chronicles" by Suzana Sawyer

**FICTION**
- "Huasipungo/The Villagers" by Jorge Icaza (About the hacienda system)
- "Cumanda" by Juan Leon Mera

**ARTICLES & LINKS**

**COUNTRY PROFILE**
- [http://news.bbc.co.uk/2/hi/americas/country_profiles/1212882.stm](http://news.bbc.co.uk/2/hi/americas/country_profiles/1212882.stm)

**POLITICS**
- [http://www.opendemocracy.net/democracy-protest/experiment_4575.jsp](http://www.opendemocracy.net/democracy-protest/experiment_4575.jsp)

**BANANAS**

**OIL**
- [http://articles.latimes.com/2008/apr/20/opinion/op-teige20](http://articles.latimes.com/2008/apr/20/opinion/op-teige20)

**ART**

**EMIGRATION**

**FILMS/DOCUMENTARIES**
- "Que Tan Lejos" (Spanish film, set in Ecuador)
- "Ratas, Ratones, Rateros" (Ecuadorian film)
- "Crude" (Documentary about oil in the Ecuadorian Amazon)
GENERAL NUMBERS

TAXI CABS

**UEES**
Official UEES Taxi Service: Limousine Service 2829188
093081650 (Porta)/095707987 (Movi)/096387695 (Alegro)

Other Recommended Taxi Service: Co-operativo Taxi 1er de Octubre 2366597/2374183/086819955/084939276/096792584

**U.S. CONSULATE**
The American Consulate General in Guayaquil and the U.S. Government assume no responsibility for the professional ability or integrity of the persons or firms listed herein.

Guayaquil
FastLine: (04) 282-3333
Solservice: (04)287-1195 / (04)287-2837
Wayose: (04) 212-0234 / (04)2121-2569

**DOCTORS AND CLINICS**

UEES has a doctor on campus during class hours who provides a free basic service to students. For emergencies, the following are recommended:

Dr. Silvio Mosquera: 091200213
Dr. Iván Mendoza: 085764415
Clinica Kennedy (Samborondón): 2090039

**CENTER FOR INTERNATIONAL EDUCATION STAFF**

Chris O'Connell, Director: 080836333/2835630 Ext. 119
Andrea Losada, Inbound Coordinator: 098891651
Jihna Gavilanes, Outbound Coordinator: 09-906-5819
Monica Reynoso, Dean School of International Studies: 099429604
Steven Wille, Vice President: 2835197/2835630 Ext. 126

**24-HOUR EMERGENCY PHONE**
085-276879