



EF Aberdeen Composite

JULY 1ST – JULY 10TH

WEDNESDAY, JULY 1ST

TRAVEL AND ARRIVAL IN ECUADOR

Your Me to We adventure begins as you depart for Quito, Ecuador. Arrive into the Mariscal Sucre International Airport, check-in to your accommodations and relax after your flight. Get ready to change the world!

THURSDAY, JULY 2ND

EXPLORE OLD QUITO

Take a walking tour of Quito's Historic Centre, a UNESCO World Heritage Site, and the ideal backdrop to learn about Ecuador's colonial past and contemporary struggles. A short visit to the Equator and some experiments with gravity complete your day.

EVENING ORIENTATION

You will have the opportunity to get to know your Field Directors, acquaint yourself with your trip agenda, set trip goals and expectations, and review the Me to We Trip rules together as a group.

FRIDAY, JULY 3RD

TRAVEL TO CHIMBORAZO PROVINCE

Travel high up into the Andes Mountains and get settled in your new accommodations where you'll stay while you're volunteering.

EVENING DISCUSSION

In the evenings, learn more about Free The Children's holistic and sustainable community development model, Adopt a Village. Throughout your trip you will have the opportunity to volunteer in Adopt A Village's five pillars: Education, Health, Clean Water and Sanitation, Alternative Income and Livelihood, and Agriculture and Food Security.

SATURDAY, JULY 4TH

COMMUNITY ORIENTATION

One of the most exciting moments of your trip may be the first time you see the community where you'll be volunteering throughout your time in Ecuador. Your Field Directors will lead you on a tour of the building projects in the community. Be welcomed by local community members and learn more about Ecuador's culture and traditions, joys and daily challenges. For the next several days, you won't just be a visitor in the community—you'll be part of a family as you work together toward shared goals.

BUILDING 101

Make the most of your volunteering time in the community by taking part in a mandatory one-hour project building safety workshop.

VOLUNTEER PROJECT BUILDING

Depending on the community, day and time, your volunteering could be a variety of different activities that help remove the barriers to education—you could be laying bricks that will become a school, digging pipes that will provide clean water, or planting crops that will grow into nourishing food. You'll see the real results of your work as you volunteer alongside community members on Free



**Educational
Tours**



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The Children development projects. Your work will have an impact that will last for generations to come.

SUNDAY, JULY 5TH

VISIT WITH SUMAK AHUANA

Visit a local women's group, Sumak Ahuana, which provides an alternative source of income for women and families in the community. Take a tour of the women's fields, helping them gather grass to feed their sheep, move the livestock to pasture, or harvest crops. Learn how they produce their woolen goods, and take your turn shearing sheep and spinning wool. You'll have time to hear their stories and discuss why alternative income projects like theirs are so important to their communities.

A DAY IN THE LIFE ACTIVITY

Visit a neighboring farm and spend time with them as they go about their daily chores—help them carry water, plant or harvest different crops and tend to any other tasks required to run a farm. Take the time to connect and learn about the daily struggles of people living in the region.

SOCIAL ISSUES DISCUSSION

Spend the evening discussing what you have learned and observed thus far on your trip, the social issues you're passionate about, and working together build a stronger community of world-changers by participating in some fun group activities.

MONDAY, JULY 6TH

VOLUNTEER PROJECT BUILDING – HALF DAY

Spend the morning continuing your work on your volunteer building project.

WATER WALK

Get ready to walk alongside a community member to gain insight into what access to water looked like before there was a water project and what it continues to look like for many communities.

SOCIAL ISSUES MODULE

Your Me to We Field Directors will lead you in a discussion and group activity on what it looks like to be a family living in the region and living on \$1 per day.

TUESDAY, JULY 7TH

VOLUNTEER PROJECT BUILDING – HALF DAY

Spend the morning continuing your work on your volunteer building project.

COOKING CLASS WITH MARGARITA

Learn how to cook traditional meals and discuss health and nutrition in the community.

ACTION PLANNING

Led by your Me to We Field Directors, reflect on your experiences throughout the day. You'll explore some of the contemporary issues facing the communities where we work, and get the tools and skills you need to take action at home on issues you care about. We'll help you put your ideas into action. With the awareness, skills and plan you develop in Ecuador, you'll be ready to make a positive difference when you return home.





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WEDNESDAY, JULY 8TH

VOLUNTEER PROJECT BUILDING – FULL DAY

Spend the entire day continuing your work on your volunteer building project. Today is your final day volunteering on your project. Be sure to make the most of it and take some photos to remember your contributions.

RE-INTEGRATION AND REFLECTION

Spend the evening with your Me to We Field Directors reflecting back on your trip, on all the experiences you've had, things you've learned, and the friends you've made. Your Me to We Field Directors will guide you through a discussion on re-integration into life back home after your life-changing experience in Ecuador.

THURSDAY, JULY 9TH

TRAVEL TO QUITO

Say goodbye to your new friends in the Andes and return to Quito for a final celebration dinner.

LOCAL MARKET VISIT

Following your discussion the previous evening, you will visit a local food market and make group decisions about how you would purchase food for an entire family with less than \$1.

FINAL CELEBRATION DINNER

Enjoy your last dinner together as a group of passionate global citizens as you celebrate your hard work and contributions you have made to Free The Children communities in Ecuador.

FRIDAY, JULY 10TH

ARRIVE HOME

Depart from Quito on your flight back home. Get ready to share the story of your journey!

