

## SAMPLE Itinerary

Day	Location	Activities
1 - Saturday	In Transit (USA - Ecuador)	<ul style="list-style-type: none"><li>- Arrive to Quito</li><li>- Breakfast in Mital del Mundo</li><li>- Visit monumento</li><li>- Lunch</li><li>- Visit Solar Museum Inti Ñan at Mitad del Mundo</li><li>- Continue travel to Los Bancos</li><li>- Visit Museum El Tulipe</li><li>- Continue travel to Los Bancos</li><li>- Check in to Hotel Los Bancos and R&amp;R</li><li>- Program Orientation</li><li>- Dinner</li><li>- Reflection and Discussion</li></ul>
2 - Sunday	Quito / San Miguel de los Bancos	<ul style="list-style-type: none"><li>- Breakfast</li><li>- Presentation: National &amp; Regional History</li><li>- Walking tour of San Miguel de los Bancos</li><li>- Lunch in Los Bancos</li><li>- Travel to Nido de Vida</li><li>- Tour and Orientation of Nido de Vida</li><li>- Start service project</li><li>- Dinner at Nido de Vida</li><li>- Return to Los Bancos</li><li>- Reflection and Discussion</li></ul>
3 - Monday	San Miguel de los Bancos / La Unión Bolivarense	<ul style="list-style-type: none"><li>- Breakfast</li><li>- Travel to Nido de Vida</li><li>- Presentation: Ecuadorian Agriculture</li><li>- Lunch at Nido de Vida</li><li>- Working with neighbors'</li><li>- Dinner with neighbors</li><li>- Depart for San Miguel de los Bancos</li><li>- Time for discussion and reflection</li></ul>

4 - Tuesday	San Miguel de los Bancos / La Unión Bolivareense	<ul style="list-style-type: none"> <li>- 8AM Breakfast</li> <li>- Travel to Mirador Lojano for History Presentation &amp; service with Don Domingo.</li> <li>- Visit local elementary school</li> <li>- Lunch at Nido de Vida</li> <li>- Service project in Nido de Vida</li> <li>- Return to Los Bancos</li> <li>- Dinner</li> <li>- Time for discussion and reflection</li> </ul>
5 - Wednesday	San Miguel de los Bancos / La Unión Bolivareense	<ul style="list-style-type: none"> <li>- Breakfast</li> <li>- Travel to Santo Domingo</li> <li>- Visi <i>Mushily Cultura Viva de los Tsa'chila</i></li> <li>- Lunch in Santo Domingo</li> <li>- Return to Los Bancos</li> <li>- R&amp;R</li> <li>- Presentation: Rural / Urban Migration</li> <li>- Dinner</li> <li>- Time for discussion and reflection</li> </ul>
6 - Thursday	San Miguel de los Bancos / La Unión Bolivareense	<ul style="list-style-type: none"> <li>- 8AM Breakfast</li> <li>- Travel to Nido de Vida</li> <li>- Service</li> <li>- Lunch</li> <li>- Walk and river swim &amp; visit to Mulaute bridge</li> <li>- Depart for San Miguel de los Bancos</li> <li>- Dinner</li> <li>- Time for discussion and reflection</li> </ul>
7 - Friday	San Miguel de los Bancos / La Unión Bolivareense	<ul style="list-style-type: none"> <li>- Breakfast</li> <li>- Travel to community 23 de Junio: visit dairy farms, and bird-watching project</li> <li>- Swim time at <i>El Amor</i> waterfall</li> <li>- Lunch at <i>El Amor</i> waterfall</li> <li>- Travel to Nido de Vida</li> <li>- Final discussion and reflection</li> <li>- Farewell dinner and party at Nido de Vida</li> <li>- Return to Los Bancos</li> </ul>
8 - Saturday	San Miguel de los Bancos / Quito / Return to US	<ul style="list-style-type: none"> <li>- Time to pack</li> <li>- 10AM Breakfast</li> <li>- Travel to Quito</li> <li>- Lunch</li> </ul>

- Visit *El Teleferico*
- Time to explore Old Town
- Dinner
- Airport & drop-off