

ECUADOR Participant Handbook



Important Contact Information

UNITED STATES

Common Ground
International PO Box 174
Lafayette, CO 80026
Tel: (303) 684-5557*
Fax: (303) 684-5558
info@commongroundinternational.com

Your name and Phone #

*This number also rings to the Common Ground Office in Ecuador – your family is welcome to leave messages for you at this number. In case of an emergency, please try to reach us on our cell phones. Then you can call the office number (US) and leave a message for us to get back to you at our closest convenience.

ECUADOR

Medical or safety emergency: 911

Program Leaders

Lisa Lowrance +1 (919) 522-7169

Caleb Foster: 1- 303 990 3287

Call / Text using WhatsApp

Leslie Foster (program coordinator): 1- 303 638 9270

* The best way to connect is using the app Whatsapp with the above phone numbers.

Amauta Language School

Address: Hermano Miguel 7-48 entre Sucre y Presidente Cordova

Mayra Cardoso, General Manager (Spanish only): amauta@edu.ec cell: 593 7 2846206

Homestay Family Members: _____

Homestay Phone Number: _____

Directions to Homestay: _____

Phone Numbers of students who live near me: _____

Participant Handbook Spanish Immersion in Ecuador

This Handbook is designed to help you prepare for your experience, and to help you get the most out of it. The Handbook is yours to keep, and while some pages contain questions, we encourage you to use the blank pages to record your thoughts and observations.

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Emergency Contact Information

Ecuador Embassy, Hospitals, Clinics, Pharmacies, etc.

Emergency number in EC: 112 in Cuenca, 911 in Quito

Local coordinator name and number: Anita @ Amauta, +593 98-483-0725

Name	Location	Phone	Notes
US Embassy in Ecuador	U.S. Embassy Quito Ave. Avigiras E12-170 y Ave. Eloy Alfaro (next to SOLCA) Quito, Ecuador	Embassy Switchboard: From abroad: +593-2-398-5000 From other Ecuadorian Provinces: 02-398-5000 From Quito and other cities within the Province of Pichincha: 398-5000	Business hours: Monday through Friday, from 8:00 AM to 12:30 PM, and from 1:30 PM to 5:00 PM. except during holidays
Emergencies		In Quito: 911 In Cuenca: 112	
Police	Cuenca, Ecuador: +593 99 816 9427, Mariano Cuevas S, 9 de Octubre N	112	
Fire	Cuenca, Ecuador: +593 7 407 8605 – Avenida de las Américas y Miguel Heredia	112	
Hospital Monte Sinai	Av. Miguel Cordero 6-111 y Av. Solano Cuenca Ecuador	+593 07-370-4695	https://www.hospitalmontesinai.org/
CJREM Family Practice	Tomebamba Número, 16, 2,Calle Gran Colombia, 9 de octubre 5-04, Cuenca 010101, Ecuador	+593 98 103 8306	https://maps.app.goo.gl/kx5eci8EBKPxXSfj9

Common Ground International Immersion Mission Statement

Common Ground International aims to provide its Spanish Immersion Program participants with training and experiences that will help them acquire the Spanish language and learn about the culture and country. The opportunities we provide will help participants develop their oral and intercultural communication skills, and genuinely experience the culture such that they may effectively communicate with native Spanish speakers in a variety of settings. We also believe that an immersion experience can be a life-changing opportunity that challenges comfort zones, preconceived ideas and stereotypes, breaks down barriers and can result in tremendous personal growth. Our mission is to help participants meet their language goals and cultural understanding as well as experience personal growth in an area of their life through a combination of the following:

1.) **Pre-departure preparation:** The objectives for this pre-departure preparation are:

- To understand what an “immersion” experience entails
- Learn an overview of the country: geography, time change, currency, food, climate
- Learn about homestay families: expectations, standards of living, common cultural customs
- Review Itinerary: day to day details as well as excursion details
- Learn about the organizations that you will be working with
- Review behavior contract and emergency contact information
- Set your goals and expectations for the trip

2.) **Language and cultural immersion:** The objectives for this component are:

- Learn and participate in intensive Spanish classes taught by native Spanish speakers
- Live and INTERACT with a local Ecuadorian Family
- Begin to understand cultural similarities and differences
- Communicate with Ecuadorians in a variety of settings

3.) **Service-Learning Projects:** The objectives for this component are:

- Learn about the populations and the communities that you will be working with
- Be involved in the planning and coordination of these outreach opportunities
- Participate in meaningful and relevant service-learning projects in communities in Spanish
- Engage with other Ecuadorian adolescents from a variety of socio-economic backgrounds

4.) **Adventure travel:** The objectives for this component are:

- To explore a variety of bio-diverse “hot spots” in Ecuador with a local guide in Spanish
- Learn about the wildlife, flora and fauna of these habitats in Spanish
- Stay safe

What is an immersion program?

By definition, an immersion program is an experience designed to expose you fully to the host language and culture by having you live within it. The completeness of this exposure is aptly illustrated by the metaphor of submerging oneself in water; for better or worse, no part of you remains untouched by the new environment.

By having to complete everything from the most basic daily activities to more complex educational objectives within this context, you realize quickly that language and culture affect every aspect of our lives and determine many of our reference points of “normal” and “right.” Living and working within someone else’s reference points is at once exciting and disorienting, eye-opening and challenging.

Immersion is uncomfortable at times, and it is by allowing yourself to fully “be” in those difficult moments, as much as the enjoyable moments, that you can bring depth to your experience and learning. As you face personal challenges, it is useful to reflect on why a given situation is stressing you out or rubbing you the wrong way. What part of you is being offended or frustrated? Perhaps it’s your sense of what’s right, what’s logical, what’s safe, what’s important, what’s humane, what’s healthy, what’s funny or what’s fair.

The gift that cultural immersion gives participants is the chance to examine their own assumptions and begin to understand their own perspective by clashing with the parts of them that are so deeply ingrained that they’re not even aware of them. If you can begin to see that your own perspective, judgments, and assumptions are just as arbitrary and culturally bound as those of your hosts, you will take the first step in being able to interact with people who are different from you in a way that is respectful, objective and free of judgment. This is because, bit by bit, you will be less inclined to use your own cultural norms as an unconscious measuring stick of the “right” way to live, but instead see them as just one of an infinite number of ways to live life. This is the learning that we hope will take place,

What this program IS:

- An educational experience for you.
- First and foremost, a language / leadership program. It’s a chance to grow as a Spanish speaker by pushing yourself to think and speak in Spanish at all times and grow as a leader in various foreign contexts.
- A chance for you to move outside your comfort zone and understand your own perspective by observing how you react to the host country, culture and language.
- An opportunity for you to share your stories and culture.

What this program IS NOT:

- An English-speaking vacation in a Spanish speaking country.
- A charity mission, in which you will “save” the poor by offering short-term volunteer work in a vacuum.

Common Stages of Cultural Adjustment (aka Culture Shock)

Everyone deals with immersion in a new culture differently. However, there are four very common stages of cultural adjustment that many people experience (in their own time). You may experience a few or none of these stages during your time in Ecuador, but it's helpful to be aware of them:

1. **The Honeymoon -- Initial euphoria and excitement.** In this stage, you feel able to handle anything; your experience may be characterized by:
 - Excitement with new sounds, sights, smells.
 - Intrigue with both similarities and differences between the host culture and your home culture; little differences between life at home and life in your host country (i.e. walking to school, having to go to four different stores to get what you need, etc.) seem charming and enjoyable.
 - Lots of interest in learning, very motivated and cooperative.
 - Eagerness to please, may smile and nod a lot to indicate understanding when really you don't.
2. **Culture Shock -- Irritation and hostility.** The novelty of the new culture has worn off. Your feelings in this stage may include:
 - A focus on the differences between your host culture and your home culture.
 - Stereotypes and prejudices surface; you have one frustrating interaction and blame the entire country and culture, rather than the individual.
 - Small differences or problems feel like major catastrophes, and what used to be charming is now just annoying. You become stressed and depressed; your sleep and appetite may be affected.
 - Homesickness and missing your family and friends in the U.S.
3. **Gradual Adjustment -- Finding humor and perspective.** In this stage, you decide to make the most of your experience. You may have these reactions:
 - Increased familiarity with (and acceptance of) the host culture, its logic and values.
 - Periodic lows, but more often highs, as adjustment gradually takes place.
 - You start to have a sense of humor about yourself and your mistakes; you recognize that you like some parts of the host culture better than your home culture.
 - A stage of deeper learning about life abroad and questioning of your previously held assumptions about the world.
4. **"Feeling at Home"-- Adaptation and Biculturalism.** You now appreciate certain aspects of foreign culture and critique others more objectively. Other reactions at this stage include:
 - You maintain allegiance to your own country, but also feel at home in the "foreign" country.
 - You're no longer negatively affected by differences between the host culture and the U.S.
 - You can move freely between your home culture and your new culture, living and working to your full potential in both.

The effects of culture shock and how to deal with them

Unmet expectations can trigger discomfort in any immersion program. The things that Common Ground participants often comment on are:

- The pace of Monday - Friday and how busy the program is.
- Bed isn't as comfortable as at home.
- Not sleeping well because of the bed and ambient noise.
- Weather is different than expected.
- Food and dietary norms are tough to adjust to.
- It's harder than expected to interact with the host family; not being able to express even simple ideas is isolating and frustrating.

Some of the physical and psychological expressions of cultural stress

- Exhaustion, fatigue or changes in your appetite.
- Major concern over small health problems.
- Increased use of alcohol or drugs.
- Craving for things from home (food, amenities, etc.) and homesickness.
- Strong desire to interact only with Americans/foreigners.
- Fits of anger and frustration, or alternatively, depression alternating with elation.
- Superior attitude toward host nationals. You find yourself complaining about, and criticizing, everything.
- Feelings of rejection, isolation and loneliness.
- Feeling like a child.

A few strategies for coping with cultural stress:

- **Personal Supports:** Ways of Thinking and Feeling
 - Understand the stages of cultural adjustment.
 - Analyze your situations and reactions.
 - Identify what helps you manage stress.
 - Identify new ways of thinking positively.
 - Investigate real facts.
- **Physical Supports**
 - Eat healthy foods and get plenty of rest
 - Identify any weaknesses (e.g. alcohol abuse, binge eating) and make plans to manage them.

Struggling with the language and culture during immersion doesn't mean something is wrong; it's normal, and if you're not having a hard time at all then you're probably not letting yourself fully "be" in the local culture. In our experience, the best way to deal with these difficulties is to recognize them for what they are – an expected and important part of immersion - and take the most positive approach to either resolving or accepting each situation.

Living with a Host Family: A Guide for Immersion Participants

Staying with a host family is a unique opportunity to immerse yourself in local culture, build meaningful relationships, and gain new perspectives. Learn practical tips, how host families are selected, and what to expect during your stay.

How Host Families Are Selected

- Host families are carefully chosen by our local partners based on their interest in cultural exchange, safety, and ability to provide a welcoming environment.
- Selection includes interviews, home visits, and background checks to ensure participants' well-being.
- Families are briefed on the goals of the immersion program and agree to support participants' learning and adjustment.

How You are Matched with Your Host Family

We carefully match participants with host families based on the following priorities:

- *Mobility & Health Needs:* We consider any health conditions or mobility requirements to ensure accessibility and appropriate support.
- *LGBTQ+ Inclusivity:* Participants who identify as LGBTQ+ are matched with families who are open and supportive.
- *Dietary Restrictions & Allergies:* All dietary needs and allergies are taken into account to ensure safe and comfortable meals.
- *Preferences (Children, Pets):* Where possible we match preferences regarding children or pets in the home.
- *Proximity to School:* Once the above factors are considered, we assign participants to families closest to the school.

What to Expect from the Host Family Experience

Just like every family is different in your country of origin, so are the host families on your program. Each family has their own set of daily rhythms, household systems, values, beliefs and opinions. Be open to learning about your host family. Be curious; they will do things different from what you're used to, train your brain to refrain from judging, but instead ask "WHY". Why do they do things this way? Remember doing things different from you is not bad, it's just different and often there is a good reason. Be curious, investigate and try to figure out WHY!

- **Host Family Orientation:** Upon arrival, host families will:
 - Provide a house tour indicating how to adjust temperature for showers, laundry process, how to enter and exit the home securely, explain house rules, provide Wifi information.
 - Indicate any areas of the house that are off limits, etc..
 - Clarify breakfast and dinner meal time expectations.
- **Daily Life:** You'll participate in everyday routines, including meals, conversations, and family activities. Be open to new foods, customs, and schedules.
- **Communication:** Language barriers are common. Use patience, gestures, and translation tools. Don't hesitate to ask questions or clarify misunderstandings.

- **Respect & Flexibility:** Remember you are a guest. Ask what the house rules are and respect those and other cultural norms you notice. Adapt to differences in lifestyle and expectations.
- **Building Relationships:** Engage with your host family, share about yourself, and show appreciation. Small gestures—like helping with chores or sharing a meal—go a long way.
- **Understanding Local Perspectives:** Just like in your own country, people in the country you're visiting may have strong opinions shaped by their culture, history, and personal experiences. At times, your host family might share views that feel surprising or reflect cultural biases, especially when you talk about your volunteer work or social issues. These moments can be challenging, but they're also opportunities to better understand the complexities of another culture. Try to listen with curiosity and compassion, even when you don't agree.

Practical Tips for a Positive Stay: First Conversations and Creating Connections

Starting off on the right foot with your host family can set the tone for a positive and enriching immersion experience. Here are some practical tips and conversation starters to help you connect from day one:

- **Be Curious and Observant:** Notice how your host family does things and follow their lead. Ask politely about customs you don't understand.
- **Communicate Needs Early:** Be sure to include dietary restrictions, medical issues and/or any special accommodations needed on your registration paperwork. CGI will ensure your host family is advised and prepared to meet your needs.
- **Participate in Daily Life:** Your involvement shows respect and builds connection. Join family activities and community events. Offer to help with meals, chores, or family activities. This not only helps you bond but also gives you more opportunities to practice Spanish in real-life situations.
- **Practice Your Spanish:** Don't hesitate to ask for help with Spanish. Most host families enjoy supporting guests as they learn. If you're unsure about a word or phrase, ask them to correct you or explain.
- **Ask Questions:** 1) Ask if and how to access hot water showers. Many times the showers work slightly differently - less water pressure often equals hotter water. But don't expect the same scalding shower and pressure you may be accustomed to. 2) Make sure you know where the bathroom trash can is located (usually) right next to the toilet. Toilet paper can NOT be flushed. 3) Locking and Unlocking doors could include multiple steps, holding your breath a certain way... ask for a demonstration and practice before it really counts!
- **Ask more questions to find common ground:** showing curiosity about your host family's life and culture is a great way to break the ice. Consider asking:
 - What sport is most popular here?
 - What is your favorite local food?
 - How many people are in your family?
 - Which musicians or music styles are popular?
 - What are the most important holidays or traditions?
 - Where did you grow up? What was it like?
- **Express Gratitude:** Thank your hosts regularly. A small gift from your home country can be a thoughtful gesture.
- **Exchange Contact Information:** Share your WhatsApp number or preferred messaging app to make communication easier during your stay.

Remember: Your host family is excited to share their culture with you. Approach each interaction with openness and respect, and you'll quickly feel at home.

Program Values and Expectations

- **Mutual Respect:** Approach your experience with humility and openness. Recognize you are an outsider and a guest in the community.
- **Cultural Sensitivity:** Be attentive to local traditions and avoid imposing your own views or habits.
- **Learning Mindset:** Embrace challenges and discomfort as opportunities for growth. Reflect on your experiences and share insights with your group.
- **Team Support:** Stay connected with fellow participants and facilitators. Communicate any concerns promptly so we can support you.

If You Encounter Challenges...Tell us!!!

- **Address Issues Early:** If you feel uncomfortable, have a problem or are not sure if something is normal or not, talk to your trip leaders or if you feel comfortable, speak with your host family. Most issues can be resolved with open communication. You will also have an opportunity to complete a weekly check-in form where you can express your concerns, doubts, etc.
- **Seek Support:** CGI Trip leaders are available to help with cultural adjustment, conflicts, or emergencies.

Final Thoughts

Your host family experience is at the heart of the immersion journey. Approach it with openness, curiosity, and respect, and you'll build lasting connections and memories.

What to Expect in Your Spanish Classes

Please review the following information to help you prepare for your Spanish classes:

Spanish Class Structure

- **15-20 Hours of Instruction**
During Immersion you will participate in 15-20 hours of small group Spanish language classes
- **Small Group Learning**
Classes are designed for small groups (3-8 participants) to ensure personalized attention and active participation.
- **Taught by Local, Trained, Native Spanish Speaking Teachers**
All classes are led by professional, local instructors who are trained in Spanish language acquisition and passionate about teaching Spanish. Many of your trip leaders are also language educators and here to support you with your Spanish learning questions.

Placement & Personalization

- **Placement by Language Ability**
You will be placed in a class according to your oral and receptive (listening and understanding) Spanish skills to ensure you are learning at the right level. We want you to be challenged yet poised for success. Trust the placement process.
- **Ongoing Assessment**
Our teachers will take time to get to know you and your classmates, observing your progress and adjusting lessons as needed to best support your learning. If your teacher feels that you will be more appropriately challenged in another class they will make a recommendation to the academic advisor.
- **Class Placement Adjustments**
If your class seems too hard or too easy on the first day- *paciencia!* please allow for an adjustment period of one full day. This gives both you and your teacher time to get to know each other, assess your current level through your communication skills, and make any necessary adjustments. If you still feel that you need a class change after the end of the first day, please speak directly with your trip leader. We want to ensure everyone is comfortable and appropriately challenged.

What to Expect on the First Day

We understand your eagerness to start learning and be placed in the right class from the beginning—that's our goal too. While initial placement is based on your online assessment, there may be differences between written and spoken skills. Please allow teachers some time on the first day to make any necessary adjustments.

1. **Introductions**
Meet your teacher and classmates.
2. **Getting to Know One Another**
Participate in activities designed to help everyone feel comfortable and connected.

3. **Informal Assessment**

Your teacher will conduct informal assessments to confirm class levels and make any necessary adjustments.

4. **Weekly Plan** On Mondays your teacher will give you a brief overview of the plan for the week so that you are familiar with the topics that will be covered throughout the week.

5. **End of Class on Monday:** Class teachers will meet with the CGI leadership team and the language school academic coordinator to suggest any necessary class changes. CGI Leadership will also be checking in with you Monday during coffee break and after class to see how you are feeling about your class placements.

6. **Class Materials:** On Tuesday, once all class adjustments are made, you will get your class materials and handbook. This is a great place to keep notes, homework assignments, etc..

Class Experience

The goal is to speak Spanish only in class. While some teachers may know a bit of English, they are instructed to use little or none. This is your chance to turn your Spanish head knowledge into spoken communication. Here are some things that you can expect in class:

- **Thematic Grammar and Vocabulary**

Each class will include a thematic introduction to grammar concepts and high-frequency vocabulary.

- **Practical Language Use**

You will have practical opportunities to use Spanish in class, with your host families, and in the community. The goal is to be able to immediately practice the Spanish you are learning in real-world applications with your host family and out and about in the community.

- **Focus on Oral and Receptive Proficiency**

The primary focus is on developing your speaking and listening skills for real-world communication.

- **Interactive and Hands-On**

Expect dynamic and engaging classes with conversation practice, games, role plays, and other interactive activities.

- **Nightly Homework**

Students can expect some nightly homework to reinforce classroom learning.

- **Daily Schedule**

Classes are held Monday through Friday, with a 20-minute coffee break each day to relax, socialize, and recharge.

Communication & Support

- **Open Communication**

Your feedback is important! If you have questions or concerns about your class, do not hesitate to reach out to your trip leaders or teachers. You will also have an opportunity to complete **a weekly check-in form** where you can express your concerns, doubts, etc.

We look forward to a fun and productive immersion experience together.

¡Vamos a aprender y disfrutar!

Traits of Successful International Students and Volunteers

1. **Flexibility:** Although embarking on a trip abroad with realistic and accurate expectations is necessary to ensure professional behavior, you must also expect the unexpected. You may have modified job duties depending on the needs of the organizations with which we're working, and itineraries may shift at the last minute due to local circumstances. The expectation for all of us is that we always remain engaged and attentive, and that we coolly adapt to changing circumstances and demands.
2. **Patience:** The pace of life and work in developing countries is often much slower than what Western volunteers are accustomed to for several reasons. Latin American societies tend to place less value on punctuality, are less project-oriented, and have more limited transit and communication infrastructure than do their Western counterparts. As our work abroad has taught us program after program, in order to maximize effectiveness and maintain a positive attitude, you should focus on relationships with local community partners and the people that they serve instead of trying to force an agenda. It's best to let things develop at a natural pace.
3. **Openness:** Immersing yourself in a foreign culture is a rare and rewarding opportunity - take advantage of it by welcoming new perspectives on the world. You will be going into an environment where many things will not immediately make sense, so be careful not to jump to conclusions. Respect, tolerance and an open mind are essential to averting unprofessional behavior precipitated by culture shock and ethnocentrism.

"Volunteers should either have a really open worldview or have a willingness to have their worldview opened. Don't be afraid to acknowledge your prejudices. If you think that you do not have any, then you are pretty

naïve." <http://www.uniteforsight.org/international-volunteering/module4> -

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4. **Humility:** Traveling to a place with an unfamiliar language, new rules, and a foreign culture will give you the unique opportunity to discover just how little you know. You may often find yourself asking for assistance to complete basic tasks, such as navigating a city or purchasing food. Regardless of your accomplishments or status in your home country, you will be a novice overseas; this is a realization that can be difficult sometimes. Collins and Wendt suggest answering the following Life Experience Assessment questions to help you understand the knowledge and experience of the people you're working with abroad:
 - a. What knowledge and skills do the people from this community possess that I do not?
 - b. What life experiences do they have which are different from mine?
 - c. What are some of the obstacles they have had to overcome in their lives?
 - d. What challenges do they face daily that I do not?
 - e. What are some of their personal and professional strengths?
 - f. What can I learn from them?

5. Enthusiasm and a positive attitude: Students on Common Ground's immersion programs each face different circumstances and obstacles with their host families, Spanish learning and volunteer work. We have found that the difference between students who have largely positive versus negative experiences has little to do with the actual challenges they faced, but everything to do with their attitudes.

Phone Service in Latin America

How will you get coverage in Ecuador? You have some options...

- You can keep your phone on airplane mode for the duration of your trip and just access messages, emails, etc. using WIFI. WIFI is available at your host family and at language school.
- You may purchase an international e-sim through e-sim companies such as [Airalo](#). This is an economical solution to have data while you travel. This does not give you a local number, so you will not be able to make local calls, but you can make calls through WhatsApp.
- Buy a local, physical sim card (unlocked phones) through local providers such as Kolbi, Claro, Movistar
- Check your cell phone provider's international plans before you depart.

Here's how:

1. Before you leave the US:

- Call your service provider to check if your phone is unlocked for international SIM card use while traveling. Be sure to emphasize that you only need it unlocked for international use, not domestic use – this may put your provider at ease.
- Make sure that your phone can use a GSM network. CDMA and LTE networks are not common.
- If your provider won't unlock your phone, you can Google "cell phone unlock codes" and find ample services willing to help you unlock your phone.

2. Getting the right chip & activating your new line:

- In Ecuador, you have options with several carriers: Claro, Movistar & CNT. We've only ever used Claro, and it worked just fine.
- You want to ask for a "*chip de nueva linea*" and mention "*pre-pago*" or pre-paid.
- Show the person in the shop the phone you will be using. Ask them if it will work fine for your phone: ***¿Ese chip funciona bien para mi teléfono?***
- Make sure the shop attendant writes the number of your new line on the card, and save that card. It will also have your "PIN" number on it, which you will need to enter each time your phone dies or is shut off and back on. Memorize it or store it in a place you can easily access it if needed.
- If the attendant hasn't set up your chip yet, you can ask them for help: ***¿Me ayuda insertar el chip y activar la linea?***

YOU DO NOT NEED TO WORRY ABOUT INCURRING ANY CHARGES WITH YOUR HOME SERVICE PROVIDER WHEN YOUR NEW CHIP IS IN YOUR PHONE.

3. Reloading your pre-paid line:

- You can buy more minutes and data at many supermarkets. You can either ask the cashier to charge your number directly or by purchasing a phone card.
 - In the case of the cashier reloading your card electronically, you need only to pay an amount greater than the equivalent of \$1, and it should be recharged as soon as s/he enters your phone number
- After any successful recharge, you will receive a text message with the amount you added to

your line, and your line's total current amount.

- Most cards offer a way to check your balance through your phone. Every service is a little different, but it's either a text message sent to a number or calling a specific phone # to get your balance.

Apps to download on your phone

Before you depart on your program and while you are on program make sure you have these apps downloaded on your phone AND you know how to access them and use them:

- **WhatsApp:** We use this app for our group chat, to communicate with program leaders and you can use this to communicate with your host family too!
- **Google Docs:** We use many different google docs while on program. Your volunteer project, program itinerary, flight pick-up information and other documents will be shared via google docs.
- **Google Maps or Waze:** are the two best maps to locate locations in Ecuador. While Apple maps works, it is not as accurate as Google Maps or Waze. We will share your host family location with you via a google map point.

Currency in Ecuador

- Ecuador uses the dollar! You lucked out!!!
- Ecuador is more of a cash-based economy, so it's good to always have some cash with you.
- Also, it's nice to pay with the smallest bill or coin possible, since it might be difficult for some vendors to break larger bills and make change.
- Credit cards are accepted by most businesses, but you generally incur an additional charge. Many businesses now accept ApplePay.
- Avoid travelers' checks, Mastercard, and relying on US dollars in Costa Rica; they are a burden to exchange.
- The easiest option is to use local ATMs to get *dollars* for spending money. Just make sure that you tell your bank and credit card companies when you'll be in Ecuador so that they don't flag your account for identity theft or fraud and disable your card.

Orientation Notes: Keep these things in mind

Saludos, saludos, saludos!

Don't forget that taking time to greet people warmly is just basic good manners in Ecuador. Whether you're passing a neighbor on the street, walking into a store, or coming home to your *familia*, it's very important to greet people when you first see them. (*Hola, Buenas. ¿Cómo está?* works nicely in any situation.) Don't forget to smile :), and with your *familia*, a kiss on the cheek (women to women, men to women) or a handshake (men to men) is always appropriate when saying hello and goodbye! Don't be shy!

Remember that you're a guest

Once you get settled in Ecuador, some of the little differences of everyday life may become annoying. Remember that you're a guest here. Try to avoid comparing life in Ecuador to life in the U.S. After all, you didn't travel all this way for things to be the same! Try to stay open to new experiences of all sorts, especially when you feel frustrated.

Your plans are going to change

Things work differently in Ecuador than they do in the United States. While this is part of what gives Ecuador its charm, it can be frustrating for North Americans who are used to detailed planning, strict schedules and efficient use of time. Life here is more laid back, and also subject to more changing factors. You will enjoy your time much more if you're able to be flexible and roll with the changes!

Getting Directions

In Ecuador, 1 block counts as 100 meters. So, if you ask someone for directions to the bank, they will likely indicate with their hands, and give an answer like "*sigue recto doscientos metros, coja a mano derecha ciento cincuenta metros y el banco está a mano izquierda.*" (Go straight two blocks, take a right and go a block and a half and the bank is on the left-hand side.)

Piropos

Females traveling in Ecuador (or anywhere in Latin America) should be prepared to hear *piropos* when they are out in public. A *piropo* is a suggestive comment, generally made by a man to a woman in passing. These can range from flirtatious compliments to vulgar sexual remarks. Women may also hear catcalls and men making hissing noises at them on the street. While it may be hard to get used to this, it's best not to respond, just keep your eyes ahead, keep walking, and ignore the source of the comment. Generally, this behavior is harmless, but it is important to ignore it.

Dinero, Plata, Monedas, Efectivo

The official currency of Ecuador is US dollars. Ecuador has a very cash-based economy, so it's good to always have some *dollars* with you and be familiar with the bills and coins. Also, it's nice to pay with the smallest bill or coin possible, since it might be difficult for some vendors to break larger bills and make change.

If you have a problem...

Living and studying in a new culture comes with a lot of unexpected challenges, which can be stressful and overwhelming. If something comes up during your time in Ecuador that you can't handle alone, we expect you to discuss it with one of the Program Leaders. They are onsite to make sure you stay safe and have the best experience possible. Don't hesitate to talk to them about any kind of problem or concern you may have.

Agua Potable

Do not drink the water in Ecuador. It's best to drink bottled or filtered water. Your host family will provide you with water.

¿Agua caliente? Tal vez..

You may or may not have hot water in the shower at your homestay. You should ask your *mamá* to show you how the shower works. The shower heads in Ecuador are different from those in the US, and if there is hot water available, you will need to learn how to properly turn it on.

Papel Higiénico = Toilet Paper

Most plumbing isn't designed to handle paper products of ANY kind. So, be sure to throw your toilet paper (and any feminine products) in the wastebasket near the toilet. If you don't see a wastebasket, ask your *mamá* if it's okay to flush the paper or not.

La Comida = Amor

In Latin culture, people show their love with food. Your *mamá* may serve you far more food than you can eat and seem concerned if you don't finish it. If this is the case, don't be afraid to say that you like the food but it's *mucho*, and you need *menos*. Also, be honest about the food! If something is served that you really like or dislike, say so! Your *familia* wants you to be happy – there will be no hard feelings if you graciously explain that you don't like certain foods.

El Cariño = Affection

Ecuadorians, like most Latinos, are more physically affectionate with each other than North Americans tend to be. You may find your *familia* embracing you, sitting close, taking your hand, etc., while you still feel like you barely know them. If this makes you uncomfortable, don't be afraid to speak up and explain that in your culture it's different, and you need a little more space.

Tell your *familia* when you're coming and going

Your *familia* will worry about you, regardless of your age. Also, you should ask permission before inviting someone over to your house, and never bring a complete stranger home.

Ecuadorian Menu Items

...what you might find at your local *restaurante*

Desayuno:

- *Bolón de verde* - a dish that resembles a baseball sized ball of dough, with mashed green plantains on the outside and pork or cheese on the inside.
- *Humitas* - corn leaves filled with dough of steamed corn, mixed with onions, eggs and spices. (like a tamale)
- *Empanadas* - hand pie that is filled with either savory or sweet items. Often served with a dipping sauce.

Almuerzo/Cena:

- *Ceviche* - fresh fish cooked (cured) in citrus juices, onions, chilies, cilantro and spices.
- *Fritada* - braised pork in orange juice, onion, garlic and cumin fried in oven of hot flames.
- *Cuy* - fried guinea pig
- *Maito* - traditional dish found in the Amazon jungle. Fish (sometimes chicken) is salted and placed on a bijao leaf with a mixture of mashed yucca, plantains, tomato, onion and spices and wrapped up and roasted over an open fire.
- *Encebollado* - a stew like dish made with fresh tuna, yuca or cassava root, tomatoes, onions, cilantro and spices and served with curtido (fermented cabbage).
- *Llapingachos* - potato patties that are crispy on the outside and soft on the inside, filled with cheese, onions, and herbs.
- *Locro de papa* - a potato soup that is often garnished with avocado and served with a spicy aji sauce.
- *Seco de chivo* - stewed meat dish (beef, chicken, goat) with onions, cane sugar, citrus juice, tomatoes and spices.

Acompañamientos (side dishes):

- Platanos maduros fritos - fried ripe plantains
- Tostado - roasted cancha or chulpe corn
- Patacones/tostones - fried, smashed green plantains
- Mote - hominy corn dish
- Chifles/tajadas - fried green plantain chips
- Curtido de cebolla y tomate - marinated red onion and tomato salsa
- Ensalada rusa - classic salad made with potatoes, carrots, peas, apples, celery, onion and mayonaise

Para Tomar:

- *Pinol/Piñolla* - traditional hot drink made from toasted barley flour, unrefined sugar, spices and usually milk.
- *Rompope* - Eggnog

Postres:

- *Suspiros* - baked meringues
- *Espumillas* - another meringue dessert often mistaken for ice cream because it is often served in ice cream cones and served in pretty colors and served with sprinkles on top.
- *Dulce de higos* - preserved figs cooked in a sauce of cane sugar and spices.
- *Quesadillas* - in Ecuador, quesadillas are a sweet/savory pastry shaped like a pentagon
- *Orejas* - mildly sweet pastry often covered in icing sugar or dipped in chocolate. Despite the name the shape of the pastry is more like a heart.
- *Morocho* - warm, sweet milky corn pudding which is served as a drink but eaten with a spoon
- *Milhoja* - sweet pastry dessert with layers of lite, flaky pastry with dulce the leche between the layers.

Ecuadorian slangs and Phrases

(Common slangs & Phrases)

Achachay - to describe feeling cold	Soroche - altitude sickness
Amiguero - a “people” person	Timbrame - call me
Bacán - to describe being surrounded by amazing people or a new cool and exciting experience	Jamear - slang for eating
¿cachas? - do you get it, do you understand?	Scholar - to be embarrassed or to chicken out
¡de ley! - of course, absolutely	Amarrete - greedy
Farra - term for a party	Charamitate - personal stuff, belongings
¿la plena? - seriously? really?	Chendo - just kidding
¿mande? - what? Or tell me	Buenazo - muy bueno
Ñño/a - slang for brother or sister	¡qué bestia! - that is crazy!
a la par – next to	baboso, bestia – a stupid person
a medias – to share the cost or go fifty-fifty	batear – to guess
a pata – on foot	brete – work
agüevado – depressed or bored	buena nota – a nice or cool person or thing
¿al chile? – seriously?	buenas – Good morning, good afternoon
camote – crazy	campo – room or space
carajada – thing	chile - a joke
chiva, chuso – cool, great	choza, chante – house
chunche – thing, stuff	comerle a alguien – to talk bad about a person
¿Cómo amaneció? – Good morning! How do you feel this morning?	compa – friend
despabilado - to be on top of things	¡Diay! – an interjection, like um, well,
dolor de jupa – headache	estar de chicha – to be angry
estar de chicha – to be angry	estar en la luna – to daydream
estar hecho leña – to be in a bad state	estar legal – to be good, cool, great
fregar – to be broken	gato – a person with blue, green, light eyes

grosero – rude	¡Guacala! – Used to express disgust.
güila – kid	hablar paja – to talk nonsense
irsele a la onda – to forget	¡Jale! – let's go!
joder – to bother	jugar de vivo – to brag or act cool
¡Lárguese! – Beat it!	llegar a la hora del burro – to arrive late
macho/a - a person with light skin	mae/maje – buddy, dude, man...
media naranja – your perfect mate	mejenga – casual fútbol game
menudo – leftovers, loose coins/change	meter la pata – to put one's foot in it
miche, pleito – fistfight	¡Ni modo! – Cannot do anything about it
no darle la gana – to not want to	no entender ni papa – to not understand anything

Reserva Alto Coca – CGI

La Reserva Alto Coca (RAC) tiene aproximadamente 1200 ha de bosque primario sin carreteras, con altitud desde los 1250 msnm (Bajos de Alto Coca en las orillas del Río Coca) hasta 2000 msnm en el Rancho. La parte más baja de la reserva está parcialmente intervenida y tiene cultivos tropicales y remanentes de bosque tropical. La parte más alta es una zona de transición de ecosistema virgen – entre bosque tropical y bosque nublado. RAC alberga especies de ambos ecosistemas.



El Rancho se localiza en la parte plana de la cresta (probablemente usado por comunidades Pre-Colombinas ya que hemos encontrado cerámicas y obsidiana) que domina una extensión de bosque nublado en gran parte inexplorado o no estudiado en la zona norte del Parque Nacional Sumaco Napo-Galeras. RAC también se localiza en frente de un volcán activo, el Volcán Reventador, cómo se muestra arriba.



Cabaña en Bajos de Alto Coca

La cabaña en la parte baja de la reserva (Bajos de Alto Coca o BAC) a 1250 msnm tiene 2 dormitorios (con camas cómodas y mosquito nets), cocina (con estufa de gas y refrigerador), baño externo, cobertizo (con hamacas), cuarto de almacenamiento y área cubierta con trapiche. Hay varias cabañas. Hay electricidad y recepción de celular. El área es plana y cercana a un arrollo para bañarse. Se encuentra a 1 hora de caminata desde el parqueadero en San Carlos (1.5 hrs para niños pequeños y caminantes mas lentos). Hay acceso fácil a la playa del Río Coca si los niveles del agua son menores. Usualmente usamos estas instalaciones como un punto de parada para almuerzo o descanso de camino hacia el Rancho en medio del bosque nublado.



Vale la pena caminar hasta el Río Coca y disfrutar de la playa si hay tiempo y las condiciones del clima son buenas. Adicionalmente, se pueden cosechar las frutas cítricas del lugar (limones que parecen naranjas!), guabas, guayabas, fresas y plátanos para comer en el Rancho. También hay caña de azúcar y trapiche (Molino de caña) que se puede usar para hacer melaza.

Rancho en Alto Coca

El Rancho en Alto Coca a 1920 msnm es apartado con instalaciones básicas pero cómodas. La construcción del Rancho inició en el 2013, y requirió el enlucido de todos los materiales y tratamiento de los árboles del mismo terreno. Para llegar, se realiza una caminata de 3 a 5 horas desde el parqueadero en San Carlos. Las facilidades del Rancho incluye:

- Cabaña para dormir (16 literas en 2 habitaciones) con cobertizo y hamacas
- Plataforma de carpa con cubierta de plástico



- Cabaña comedor y estudio (también se puede usar para dormir para personas adicionales en el grupo)
- Cocina exterior con parrilla de leña y fregaderos (agua de lluvia distribuida desde el techo)
- Letrina con vista al Reventador
- Ducha (agua de lluvia fresca distribuida desde el techo)
- Dicha (respaldo)
- Cabaña de trabajadores
- Helipuerto de emergencia
- Senderos naturales
- Piscinas, acantilados y cuevas en el afluente del Río Lisango



No hay electricidad, únicamente solares. La mayor parte de la comida la prepara el cocinero sobre una parrilla de leña. Hay recepción de celular intermitente (solo Claro). Necesitará botas de caucho para las caminatas por los senderos y un par de zapatos livianos, sandalias o crocks par alas áreas anexas al campamento. Las hamacas son muy cómodas con gran observación de aves desde el cobertizo y vistas del volcán en erupción. Normalmente los insectos no son un problema, pero si la temperatura es mayor, pueden haber algunos insectos que pican, así que tenemos mosquiteros para quienes deseen usarlos. Lleva repelente. Estará sobre la zona de enfermedades tropicales como malaria, dengue, zika, chikungunya, fiebre amarilla, leishmaniasis, etc. Las maneras en las que puede enfermar son: beber agua de mala calidad o sin tratamiento, picaduras de insecto, insolación por sobreexposición. Las culebras son extremadamente raras y no se ha observado ninguna especie venenosa hasta la fecha.



La temperatura varía significativamente por los frentes climáticos que se desplazan hacia arriba desde la llanura selvática y los que bajan de las pendientes de los Andes. Las temperaturas pueden bajar hasta los 10C (50F) durante periodos de lluvia y en las noches, y muy ocasionalmente alcanzan los 30C (86F) (en un día muy soleado). En general, es agradablemente fresco y una camiseta o un suéter ligero es adecuado - clima similar a Quito.

Llueve unos 6m (19.7ft) al año, es uno de los lugares más lluviosos del mundo. Pero también aparecerá el sol. El clima (temperatura y lluvia) cambian rápidamente y aunque las nubes amazónicas soplan hacia los Andes, precipitando en lluvia, luego se despeja para apreciar hermosos panoramas del Volcán Reventador y el basto bosque de nubes en la reserva.



Hay tigrillos y osos hormigueros (del bosque tropical) y Osos de Anteojos y pumas (del páramo), que teóricamente representan algún riesgo, pero tropezarse o doblarse un tobillo o dañarse una rodilla son los mayores riesgos. Se puede perder en el bosque nublado. Nadie debería caminar solo fuera del área del Rancho. Siempre use el equipamiento apropiado al ingresar a los senderos (comida, agua, bastón, silbato, linterna de cabeza, mapa, machete, kit de primeros auxilios, etc.) y por favor, avise a la gente donde va. Nunca camine solo por estos senderos. Nunca nos hemos encontrado con un animal

grande en los senderos ya que ellos corren. Si usted ve un felino, oso, perro de agua o un oso hormiguero, grite y mueva sus brazos para ahuyentarlo. Siempre lleve un bastón o machete.

Es importante mantener la limpieza, especialmente con tanto lodo en los senderos. No ingrese con botas o zapatos a los pisos de madera. Pies descalzos o medias el Rancho o en el área de comedor. Use sandalias o crocks para los alrededores del campamento. Se requieren botas para caminar por el bosque, no deben usarse en los pisos de madera – Botas básicas de caucho se colocarán en las estacas proporcionadas. Siga las reglas impresas de cada área, también se incluyen en este documento.

Hay sopa, agua caliente y snacks disponibles en la cocina cuando lo requiera, pídale al cocinero. También puede traer golosinas, dulces o cualquier cosa que desee para los días más duros.

Lista de Chequeo de Equipo (*Proporcionado por RAC*)

- *Saco de dormir ligero*
- *Colchón*
- *Botas de caucho*
- *1 par de guantes de trabajo de algodón*
- *Pequeño silbato con cuerda*
- *Comida*

Lista de Chequeo de Equipo (Necesario)

- Mochila, impermeable y/o bolsas de plástico para equipo personal
- Ziplocks o bolsas secas para artículos críticos, como cámaras, cuadernos, etc.
- Bastones de trekking (2)
- Crocs, sandalias o zapatillas deportivas para moverse por el campamento
- Toalla de secado rápido (pequeña)
- 2 camisetas manga larga (secado rápido)
- 2 camisetas de manga corta (preferiblemente que no sean de algodón)
- 2 pantalones sintéticos de secado rápido
- 1 short/traje de baño
- 1 malla de senderismo/correr (lycra)
- 1 pantalón de pijama, licras o pantalones de tela (preferiblemente no de algodón) para el campamento
- 1 suéter de peso medio/pesado (sintético, no de lana) para el campamento
- 2-3 pares de calcetines de senderismo de tela inteligente o equivalente (evite el algodón si es posible)
- 1 chubasquero ligero o mediano, no ponchos
- 1 linterna frontal con juego de pilas extras
- Artículos de aseo personal y medicamentos (solo envases pequeños para reducir el peso)
- Botella pequeña de desinfectante de manos o botella de alcohol
- Botella de agua (2 litros)

- Mascarilla COVID
- Reloj
- Buff
- Gorra (beisbol)
- Bloqueador solar
- Camera
- Batería para cargar
- 1 paquete pequeña de pañitos húmedos

Opcional

- Repelente contra insectos (opcional)
- 1 metro de cinta de embalaje (*duck tape*) para reparaciones, puede envolverse en una botella de agua (opcional)
- Talco o Gold Bond (opcional)

Deje las bolsas de equipaje y el equipo que no sea adecuado para caminata en Río Quijos Ecolodge.

Por favor, pruebe su mochila para Alto Coca con todo el equipo enumerado, para que pueda saber el peso y lo ajuste adecuadamente antes de viajar a Ecuador. **No traiga botas de montaña. No traiga saco de dormir.**

Salga a dar un paseo de 1 hora por un parque y vea cómo se siente en su espalda, ajuste las correas de la mochila y deseche el equipo innecesario. Definitivamente traiga lo que sea necesario, pero viaje ligero.

Sendero Embalse – Acceso Nuevo

El puente en la ruta antigua de San Carlos esta dañado. Entonces, subimos por un sendero nuevo desde el embalse (5-7 hrs).

Cuando llegue al Rancho en Alto Coca, quítese las botas para no enlodar los pisos de las cabañas, instale una hamaca, encienda una fogata y tome un café caliente. ¡Disfruta del ambiente natural y El volcán Reventador frente a ti! El Rancho Alto Coca está en la cima de la colina.



Sendero Walking Palm – Descenso

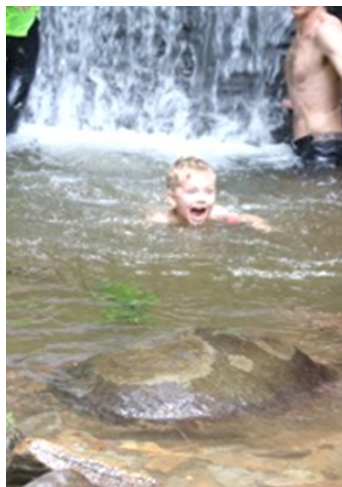
Rancho en Alto Coca a Bajos de Alto Coca

(1.5-2.5 hrs)

Sale al sendero hacia el este por la cresta principal (hacia Peter's Camp), en 10 minutos gire a la izquierda (norte) por el sendero de Walking Palm Ridge. Este sendero es lodoso y un poco empinado en algunos lugares, pero en mejores condiciones del sendero desde el embalse. Manténgase atento a monos en esta sección. Baja hasta llegar a una quebrada



rocosa, que debe descenderla. Las rocas son un poco resbalosas. Siga bajando hasta el límite de los porteros. Baja los porteros (lado izquierdo), pasando unos bambúes grandes. Pasa un corral (al derecho), una puerta en la cerca, y llega a casa en 5 minutos.



Caminatas de un día desde Rancho Alto Coca

Hay guantes en el cobertizo y un machete para caminatas de un día. Camine siempre acompañado. Siempre use guantes cuando use un machete. Use botas de goma, camisa de manga larga, pantalones largos, sombrero, guantes, buff, cubra su piel. Llevar bastón, comida, agua, kit de primeros auxilios, impermeable, mapa, GPS, silbato y linterna. Regístrese cuando salga de excursión y dígame a un guía adónde va para poder encontrarlo si se pierde o se lastima.

Recuerde caminar despacio y estar en silencio para ver y escuchar a la vida silvestre. No manipule las cámaras de vida silvestre a lo largo del sendero.

Marco's Swimming Hole (1-1.5 hr ida y vuelta de Rancho Alto Coca)

Diríjase hacia el oeste a unos 50 m de la cocina, pasando el invernadero y la bodega, encuentre un sendero que ingresa a los arbustos (bambú) hacia la izquierda (sur). Si llegas al helipuerto, has ido demasiado lejos. Siga los letreros de RAC clavados en los árboles unos 150 m a través de los pastizales en recuperación. Ingrese al bosque con curvas muy empinadas. Más adelante, el camino descende sinuoso a través del bosque en un terreno menos empinado. Esté atento a las raíces y el barro. Llegue al afluente del río Lisango de 2-3 m de ancho (generalmente 0,1-0,3 m de profundidad, se puede caminar por el canal). La Marco's Swimming Hole estará 30 m río arriba, hay una icónica cascada de 1 m de alto sobre la fosa. También puede explorar este canal aguas abajo. Tenga cuidado con las algas resbalosas en el flujo, algunas piscinas pueden llegar a la cintura. El arroyo es variable, por lo que el nivel del agua sube rápidamente después de una fuerte lluvia (también baja rápidamente).

Sendero Cueva (1-1.5 hr ida y vuelta de Rancho Alto Coca)

Diríjase por el sendero hacia Waterfall Spring, gire a la derecha en la Y (recto) 30 m del Rancho. Siga los letreros de RAC en el pastizal en recuperación (usualmente con hierba alta), luego ingrese al bosque donde el sendero se hace más empinado. Siga la cresta de bosque hasta un descenso muy empinado (lodoso) hasta el canal del afluente del río Lisango (500 m aguas abajo de la Marco's Swimming Hole). Puede llevar una cuerda para atar a un árbol para facilitar el descenso y el ascenso al canal, pero esta sección también se puede hacer sin cuerda sosteniéndose de los árboles y las rocas. Puede explorar río abajo unos 150 m caminando por el canal hasta unas cuevas poco profundas y una cascada en un acantilado.

Sendero Cut-Off (0.25-0.5 hr conecta la Marco's Swimming Hole y el Sendero Cueva)

Hay un sendero que conecta a Marco's Swimming Hole y el Sendero Cueva 100 metros cuesta arriba desde el Afluente del Río Lisango (en ambos senderos). Esta corta conexión cruza un acantilado que requiere un fuerte descenso y ascenso.



También puede seguir el cauce del arroyo para conectar estos senderos, pero hay un par de cascadas complicadas (un par de metros de altura, donde debe trepar al rededor del arroyo). Lleve un machete y una cuerda corta para esta ruta (*canyoneering* - cañoning).

Sendero Hoja de Zinc desde el Rancho (1-2 hr)

Explore éste sendero al este del Rancho, no está bien marcado, pero manténgase en la cresta y seguirá el camino. Fangoso y ondulado. Bueno para buscar monos. Se tarda aproximadamente 1 hora hasta Peter's Camp, que está marcado por una gran enredadera el borde de la ladera sur. Este sendero también es una ruta alternativa de regreso a San Carlos, aproximadamente 1 hora más que las rutas Walking Palm Ridge/Río Coca (ver arriba).

Sendero Tapir Ridge (Aproximadamente 1.5 hr ida y vuelta del afluente del Río Lisango)

Este sendero comienza unos 20 m río abajo de la Marco's Swimming Hole y se dirige hacia el sur hasta Tapir Ridge en el derecho de vía de la línea de transmisión. El sendero no se usa con frecuencia y está cubierto de maleza. El derecho de vía está cubierto de vegetación secundaria, por lo que deberá abrirse camino con el machete hasta la cima. Hay un sendero a lo largo del derecho de vía mantenida por la compañía eléctrica.

Siga la cresta hacia el oeste, cuesta arriba por un sendero entre y a lo largo de los corredores de la línea de transmisión, llegando finalmente a un pastizal y a una pequeña casa (aproximadamente 45 minutos desde donde la ruta derecha se encuentra con la cresta). También puede descender por la cresta hasta la confluencia del afluente del Río Lisango y el Río Lisango. Desde la confluencia de estos dos cuerpos de agua, puede llegar al sendero Hoja de Zinc y regresar al Rancho, un día muy largo de caminata.

Sendero Cascada (Aproximadamente 5-7 hr ida y vuelta del Rancho)

Diríjase hacia el Sendero Cueva, tome el sendero a la izquierda (este) justo antes de descender al afluente del río Lisango. Siga el Sendero Cascada a medida que baja por el río (norte) del Tributario de Río Lisango pasando sobre pequeños arroyos que forman cascadas en los acantilados de la Formación Hollín. ¡No te acerques demasiado a los acantilados! El sendero finalmente desciende por el acantilado hasta la base de una cascada de 20 m de altura con una gran piscina poco profunda, un buen lugar para ducharse. Puede regresar por el mismo camino o tomar una bifurcación a la derecha en la parte de arriba del acantilado y seguir el sendero Peter's Camp de regreso hasta el sendero Hoja de Zinc, luego seguir Hoja de Zinc hacia el oeste hasta RAC. Esto suele estar sobrecrecido, empinado e incómodo. Está marcado con banderas y letreros de RAC. Llegue a la enredadera en la cima de la colina, luego regrese al Rancho por el Sendero Hoja de Zinc (izquierda).

Otras Exploraciones

Es posible explorar (*canyoneering* - cañoning) río arriba o río abajo en el afluente del río Lisango, pero hay cascadas complicadas (de unos pocos metros de altura, donde es necesario trepar por la orilla del arroyo) y quebradas, o que requieren de cuerdas cuerda. Lleve un machete si hace esto.

También puede explorar bajando la corriente principal del canal del Río Lisango desde Tapir Ridge, pero esto puede requerir acampar en la parte sur de la reserva y mucho trabajo con machete.

Actividades/ Riesgos	Política
Política Básica	Ser respetuoso con el medio ambiente y las personas de las zonas que visitamos. Seguir las instrucciones de los líderes. En caso de duda pedir permiso. Seguridad primero.
Contacto con la Localidad y Personas Nativas	Sea cortés y respetuoso. No ingrese a ninguna vivienda que no sea RAC sin ser invitado. No dé dinero ni regalos a menos que se brinde un servicio.
Alcohol y Drogas	No se pueden llevar o consumir alcohol o drogas durante el viaje. Serás arrestado y encarcelado si lo atrapan con drogas ilegales.
Actividades Extractivas	No cazar, pescar o recolectar plantas/animales sin el permiso de los instructores.
Documentos	Lleva contigo una copia del pasaporte en todo momento.
Ropa	Use botas de goma o botas de montaña, sombrero para el sol, pantalones de manga larga y camisa de manga larga, y bloqueador solar y repelente de insectos cuando sea apropiado en Alto Coca. Ropa ligera de secado rápido. Use guantes para evitar lesiones o picaduras de plantas o animales que caminan por el bosque (Alto Coca).
Equipamiento	Mantenga el equipo organizado y en bolsas de plástico para mantenerlo seco.
Vehículo de viaje	Use cinturón de seguridad
Caminatas	Lleve siempre una mochila pequeña con agua, comida, ropa extra, primeros auxilios. Tenga cuidado donde pisa (raíces, lodazales, rocas, serpientes) y matorrales (plantas que pican, insectos y arañas). Camine despacio sobre terreno irregular, mire dónde pisa. Usa bastones de senderismo. Permanezca con el grupo y preste atención a dónde camina. Siempre hay un líder delante y detrás. Los senderos a veces son difíciles de seguir, así que si se pierde quédese donde está, póngase ropa abrigada, hasta que alguien venga y lo encuentre.

Ríos	Cuidado en riberas o cruces de arroyos y ríos, particularmente en R Lisango y Afluentes en Alto Coca. Solo nade cuando el líder le dé permiso.
Vacunación y profilaxis	Consulte la página web de los CDC para conocer las últimas recomendaciones. Se requieren las siguientes vacunas: Profilácticos de Hepatitis A y B, Fiebre Amarilla, Tifoidea, Gripe y Malaria para el Oriente.
Picaduras de Insectos	Use camisas de manga larga y use repelente de insectos cuando sea apropiado, especialmente al amanecer y al anochecer. Si lo muerde un insecto que pica (por ejemplo, una abeja) y tiene una reacción, comuníquese al líder de inmediato. La rabia se puede prevenir evitando el contacto con murciélagos y roedores, es estrictamente necesario usar guantes si se está en contacto con estos animales. Si un perro lo muerde, informe al líder de inmediato.
Agua	No beba agua sin tratar de los arroyos. Solo agua embotellada, hervida o tratada. Tener siempre un mínimo de 1 litro de agua, preferiblemente 2 litros.
Comida	Comer alimentos preparados en campamentos y restaurantes. Evite la comida callejera. No coma especies animales nativas de la selva tropical. Esto contribuye a la extinción de especies amenazadas. Solo coma especies de plantas si se lo indica el líder. Siempre tenga un refrigerio con usted en caso de que nos retrasemos en un lugar remoto. Use lavado con alcohol o lávese las manos con agua corriente antes de comer.
Cocina	Obtenga instrucciones sobre el uso de estufas o fuegos de leña. Use guantes cuando manipule ollas. No deje la estufa o el fuego desatendidos. Asegúrese de que las estufas y los fuegos estén apagados antes de salir del campamento.
Seguridad personal	No deambule solo por los bosques. No salgas a los pueblos sin un líder. Consulte con el líder antes de dejar el grupo para ir a una tienda. Mejor estar siempre con el líder.
Picaduras	Es imprescindible el uso de guantes para evitar lesiones como quemaduras, picaduras o lastimarse con espigas de plantas.
Insolación	Síntomas del estrés por calor: calambres, fatiga, irritación emocional, desmayos y pulso irregular. Refréscate a la sombra e hidrátate.

Altitud y Sol	La altitud afecta tu salud y estado de ánimo. Beba mucha agua, camine despacio cuesta arriba, analgésicos para el dolor de cabeza, paciencia. Protégete del sol con bloqueador solar (Factor 30 o superior), ropa de manga larga, protector labial, anteojos de sol y gorra para el sol.
Emergencias Médicas	Informe al líder de cualquier problema médico inmediatamente. El líder tendrá un botiquín de primeros auxilios. Instalaciones médicas en El Chaco o Quito (ver abajo). Informe al líder si tiene alergias, está tomando algún medicamento o tiene otra condición médica.

Código de conducta en ALTO COCA

Reglas de Rancho Alto Coca

- No se permiten botas ni ropa sucia en el cobertizo ni en las habitaciones. Deje las botas sobre palos o bajo el cobertizo. Use calcetines o ande descalzo (cuidado con las astillas) en el piso de Rancho.
- Seque la ropa en tendederos en la parte atrás del rancho. Secar artículos limpios dentro de Rancho está bien.
- No velas en el Rancho.
- La comida está bien en el Rancho, pero no deje comida afuera o migas que atraigan a los roedores.
- Todo el equipo personal se debe dejar en las habitaciones, en su litera, debajo de la litera o colgando de las vigas
- El área del cobertizo debe mantenerse limpia.
- Quite el barro del porche y las habitaciones todos los días.
- Las mañanas y las tardes son buenas para observar aves, así que mantenga el ruido al mínimo durante esos momentos
- Regístrese si va a caminar, vaya siempre con un guía

Reglas de la Letrina

- Use la letrina cuando esté cerca del rancho. No defaque en el bosque a menos de 100 m de las instalaciones.
- Use botas de goma y linterna si es de noche o el camino a la letrina es oscuro.
- Levante la bandera cuando esté usando la letrina.
- No deseche basura común en la letrina - NO PLÁSTICO.
- Mantenga la puerta cerrada para evitar que entren animales.
- Deseche el papel higiénico usado en el hoyo.
- Mantenga el papel higiénico sin usar en un lugar seco dentro de la letrina.
- Agregue aserrín y cal después de usar la letrina, si está disponible.
- Mantenga la cal y el aserrín en un lugar seco.
- Limpiar la superficie del asiento del inodoro con alcohol después de su uso.
- Limpiarse las manos con alcohol.
- No se podrá recuperar las cosas que se caigan dentro del pozo, tenga cuidado.
- Si ensucia, consiga agua y cloro y limpie el desastre.

- Baje la bandera cuando salga de la letrina.

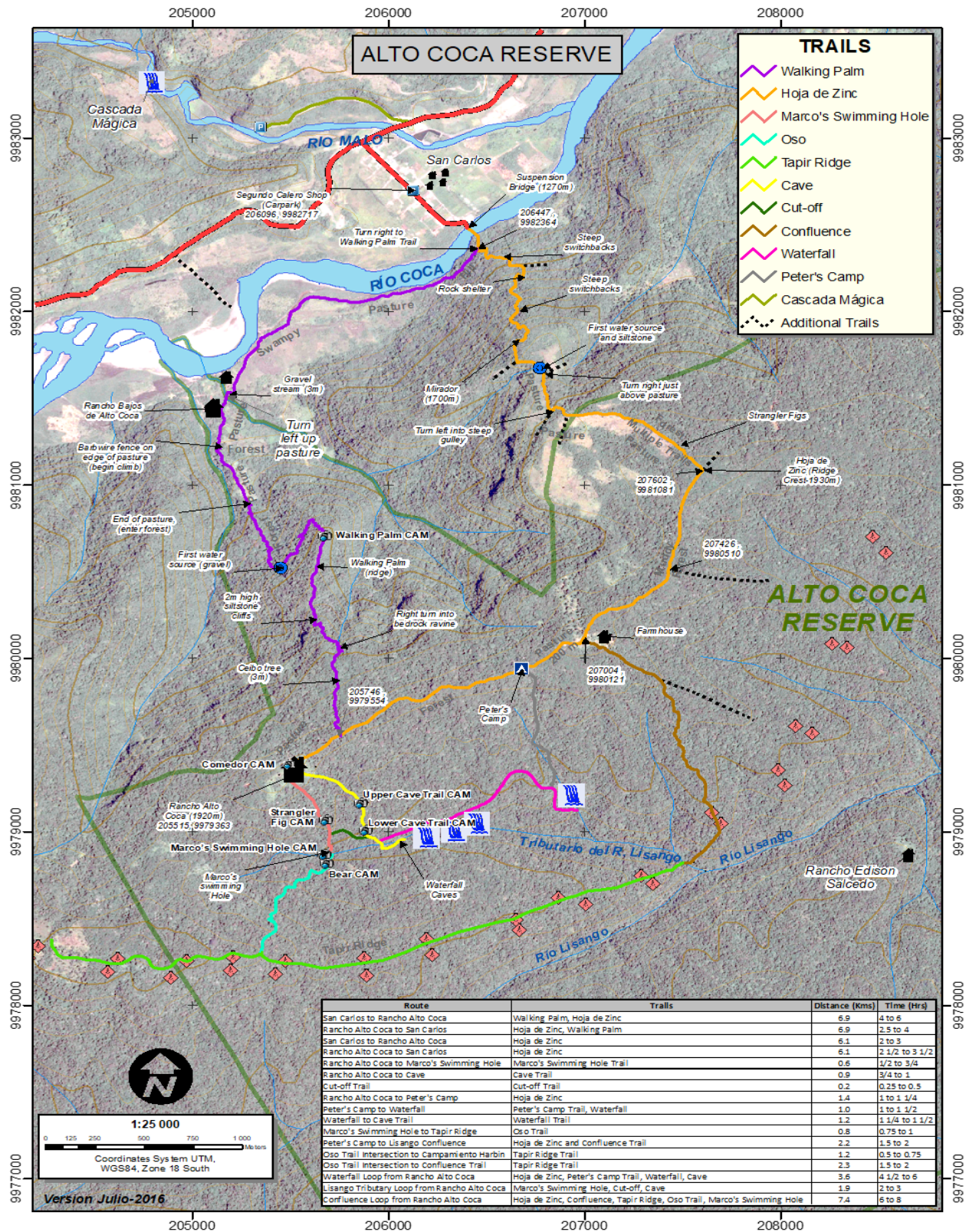
Reglas de Waterfall Spring

- Tenga cuidado en el camino hacia el manantial Waterfall Spring, lleve linterna por la noche.
- El manantial es una fuente de agua y zona de limpieza corporal.
- Colecte el agua para beber de la cascada, no del barril.
- Lleve agua cuesta arriba lentamente. Esta es la fuente de agua predefinida, pero debe tratarse o hervirse antes de beber
- No lavar nada dentro del barril azul. Saque el agua. Si entra suciedad o jabón en el barril, vacíelo después de usarlo.
- Minimice el uso de jabón para bañarse y lavar la ropa.
- Use tablones de madera para sentarse mientras se baña o lava la ropa.
- Cubra el jabón o manténgalo en un recipiente (ej., Ziplock, caja de plástico) para evitar que se disuelva con la lluvia.
- No defeque, orine ni arroje productos químicos o basura aguas arriba del manantial.

Reglas de la Cocina y Comedor

- Mantenga la cocina y el comedor limpios y los alimentos almacenados en los estantes. Coordinar con el cocinero.
- Lávese las manos antes de entrar al área de cocina.
- Proporcione el espacio necesario al personal de cocina para preparar los alimentos. Evite caminar sobre la comida. No coloque comida en el piso.
- El barril azul de agua-lluvia es solo de uso externo, no para beber a menos de que haya algún inconveniente con el manantial. Saque el agua antes de usar. No lave nada dentro del Barril.
- Tenga cuidado con la fogata. No sobreencender la fogata. Evite jugar con el fuego o acercarse demasiado a la parrilla.
- Mantenga almacenada la leña para el fuego.
- No deje la fogata desatendida. Apagar la fogata con agua al dejar el campamento.
- Use la estufa de gas solo cuando sea necesario, para hervir agua o preparar elementos adicionales para la comida.
- Todos los residuos combustibles van al fuego.
- Todos los residuos orgánicos van al compostaje o al jardín.
- Todos los residuos adicionales se colocarán en una funda y se llevará con usted.
- No arrojar basura ni desechos orgánicos fuera del área de compostaje.
- Lave los platos después de comer.
- Coloque cloro en el agua para beber.
- 1 a 2 gotas por litro. Etiquete el agua clorada.

Mapa Reserva Alto Coca



La Cultura Latina

Now that you've spent some time in Ecuador, you may be noticing some of the differences between Ecuadorian culture and your home culture. Below is a list of some fundamental elements of culture found throughout Central and South America.

**Have you seen or experienced these elements of culture in Ecuador?
Give examples from your experience so far.**

Personalismo – a very strong emphasis on personal relationships/connections as a basis for building trust and working together in any context (sometimes described as “ritual politeness”). For example, the fact that a doctor would never simply ask a patient what is wrong without first greeting them warmly, inquiring about their general well-being, their family, recent events, etc.

Familismo – a very strong emphasis on the family unit, which takes priority over the individual and serves as his or her support system. For example, the fact that a young person might forego a professional opportunity in favor of staying close to family, or being available to care for grandparents, parents, nieces or nephews, etc.

Respeto – a high regard granted people because of their age or higher position in a hierarchy (granted, not *earned*, as it might be in the U.S.) or because of perceived admirable character traits, like integrity or courage. For example, children are unlikely to challenge parents' viewpoints or talk back to their grandparents

Un poco de introspección- Journal Prompts

First Impressions and Cultural Experiences

1. Describe your first 24 hours in Ecuador. What sights, smells, sounds, and interactions with people stood out to you?
2. Draw and label your room at your host family's home. How does it compare to your room back home?
3. Reflect on a local dish you've tried. What were its flavors, ingredients, and how was it prepared? How does it compare to food from home?
4. Describe a cultural tradition or daily routine you've observed. What surprised you about it?

Language Learning and Communication

5. Write about a new Spanish word or phrase you learned this week. How did you use it in conversation?
6. Describe a challenging interaction you had while speaking Spanish. How did you overcome it?

Nature and Environment

7. Describe a natural landscape or wildlife encounter that left an impression on you. What did you see, hear, and feel?
8. Reflect on an outdoor activity you participated in. What did you learn about Costa Rica's ecosystem?

Personal Growth and Challenges

9. How has the concept of "challenge" played a role in your experience here? Reflect on a difficult experience and how you responded to it.
10. What changes have you noticed in yourself during this trip? Are you more adaptable, flexible, outgoing, or experiencing other shifts in behavior?
11. Identify three ways you've been pushed outside your comfort zone. How did it make you feel, and how might you continue challenging yourself at home?

Cultural Comparisons and Reflections

12. What aspects of Ecuadorian culture or daily life have surprised you the most?
13. Compare the daily schedule in Ecuador to your routine at home. What differences have you noticed, and how have you adjusted?
14. Reflect on your interactions with your host family. How has living with them changed your perspective on Ecuadorian culture?

Final Thoughts and Future Impact

15. What will you miss most about Ecuador? What aspects are you looking forward to leaving behind?
16. As you prepare to return home, how has this immersion experience impacted you? Consider language growth, personal development, and your worldview.
17. How do you plan to incorporate the lessons learned during this immersion into your life back home?

A Letter to Myself

*Be sure to date it. Tear it out, fold it up, write your name on it and give it to your trip leader!

Coming Home: Returnee Resources

We shall not cease from exploration And

the end of all our exploring

Will be to arrive where we started And

know the place for the first time.

~T.S. Eliot

Returning home after being immersed in another culture can be just as challenging as it was to go in the first place. People who have spent time abroad often return home **broadened** by their new perspective, and also confused by how to re-integrate themselves back into their “old” life and home country, which they may see through different eyes. It’s not unusual to be bored, **conflicted**, or even depressed upon returning home. You may be **frustrated** that your friends and family just don’t understand, or don’t want to hear about your experience. You may feel “**reverse homesickness**” as aspects of your host culture seem to be slipping away, and struggle with not having an outlet for your new skills. Coming home can be hard.

But

While your return from Ecuador marks the end of one (hopefully) great experience, it’s also the necessary **first step** towards what can be a fulfilling and **exciting** way of life. What you choose to do with your experience is up to you, but if you want, you can build on in many ways and continue to **internationalize** your life right here at home. You learned more than just Spanish in Ecuador. You went outside your comfort zone and immersed yourself in another culture – something few U.S. citizens ever do. If you choose, you can use this as a jumping off point to become a truly global citizen, and enjoy the **challenges** and **rewards** of moving between languages and cultures. We hope that the next few pages will help you process your experience, and explore **possibilities** for the future.

Back Home – Thinking About Your Experience

Now that you've been back in the U.S. for a few weeks, you may be able to step back and begin to understand your experience more than you could while you were in the middle of it. These questions will help you understand your experience – and how it has affected you - more fully.

- What has been the hardest part about coming back to the U.S.? Why do you think that is?
- Look back at your expectations from before the trip - were they met?
- Were you forced to adapt, grow or change in Ecuador? How?
- Look at the stages of cultural adjustment...Did you experience any of these stages? How?
- Has this experience changed your perspective about yourself and your life? How?
- Has this experience changed your perspective about your culture and your country? How?

How to take your experience to the next level

Take the time to...**express yourself!**

- Write a story about your experience and submit it to local newspapers (with photos!).
- Write about your experience for the Common Ground blog: Contact Leslie for details.
- Share your photos and stories from abroad in these study abroad magazines (be sure to check out upcoming photo and writing contests!):

www.glimpse.org

www.transitionsabroad.com

www.abroadview.org

Get involved in...**your community**

- Find volunteer opportunities in your area that allow you to speak Spanish and get involved with the Latino community, doing something you enjoy: www.volunteermatch.org
- Got an important message to share about your experience abroad? Prepare a presentation for your school, church, or other community organizations.
- Find local people interested in speaking Spanish and Latin culture: www.meetup.com

Consider the options for...**your education**

- Keep studying Spanish in high school, and you'll be in a great position to study abroad in Latin America or Spain during college. A directory of study abroad programs: www.studyabroad.com
- Contact your local university's Spanish or Latin American Studies or International Studies Department to learn about what those majors entail, and how graduates use them.
- Ever thought of doing your entire undergraduate degree abroad? Don't forget to include foreign universities in your college search. Learn about colleges that offer degree programs in English: www.collegeabroad.com

Learn about the possibilities for...**your career**

- Contact your local Hispanic Chamber of Commerce to see if they know of any primarily Hispanic companies that take interns.
- Learn about bilingual careers: <http://www.omniglot.com/language/careers.htm>
- Explore resources for international careers & opportunities: <http://www.intlcareers.org/>

Make a difference in...**your world**

- One of the best things you can do as a global citizen is stay informed. Use resources like Google News to search news sources from all over the world: <http://news.google.com/nwshp>
- Consider hosting an exchange student through the American Field Service: www.afs.org
- Explore volunteer and other opportunities abroad: www.goabroad.com

Keep in touch!

Now that you're back in the U.S., we hope you'll keep in touch with Common Ground – and each other! Don't forget that your program leaders' email addresses are in the front of this Handbook. Here's where else you can find us:

[Facebook](#) [Instagram](#) [Tiktok](#)

Common Ground Blog: <http://commongroundinternational.com/blog/>

Become an Immersion Program Representative!

If you enjoyed the Immersion Program and would like to help other students learn about it, there are three ways you can get involved!

1. Let us give your contact information to prospective students who have questions. If you would like other students who are interested in the program to contact you so they can ask you about your experience, make sure you give us the appropriate contact information on your program evaluation. If you didn't, just email us at lfoster@commongroundinternational.com.
2. If you enjoyed this program and would you like to help us present next year's High School Immersion Program to Spanish students in your area, email me today. We would love your help! If you're interested in talking about your experience during our classroom presentations – or having us present in your school, make sure you mark this option on your program evaluation. If you didn't, just email us at lfoster@commongroundinternational.com.

Review the program on Google:

Your insights can help future students who are considering joining. Feel free to include photos and any highlights from your time in the program. You can leave our review [here](#).

Mapa de Cuenca, Ecuador



[1] <http://www.northwestern.edu/studyabroad/outbound-students/life-in-a-foreign-culture-tips-for-cultural-adjustment-while-abroad.html>

[2] Mary Helen Richter, Volunteer, Mennonite Central Committee, Vietnam. Cited in Collins and Wendt, 2003

103 Common Spanish Verbs

verbos rojos = verbos irregulares

Acabar	to finish	Enseñar	to teach	Prestar	to lend, loan
Aceptar	to accept	Escuchar	to listen	Quedarse	to stay
Andar	to walk	Esperar	to wait for	Quejarse	to complain
Aprender	to learn	Estar	to be	Querer (e-ie)	to want
Ayudar	to help	Estudiar	to study	Reparar	to fix, to repair
Bailar	to dance	Explicar	to explain	Romper	to break
Beber	to drink	Guardar	to keep	Saber	to know
Buscar	to look for	Gustar	to like	Sacar	to take out
Caber	to fit	Haber	to have	Salir	to go out
Caerse	to fall	Hablar	to speak	Seguir (e-i)	to follow
Cambiar	to change	Hacer	to make	Sentirse (e-ie)	to feel
Caminar	to walk	Herir (e-ie)	to injure	Ser	to be
Cancelar	to cancel	Ir	to go	Soñar (o-ue)	to dream
Cantar	to sing	Jugar (u-ue)	to play	Surgir	to arise
Comer	to eat	Lavar	to wash	Tener (e-ie)	to have
Comprar	to buy	Leer	to read	Terminar	to finish
Conducir	to drive	Limpiar	to clean	Tocar	to touch
Conocer	to know	Llamar	to call	Tomar	to take
(ppl/place)		Llegar	to arrive	Toser	to cough
Contar (o-ue)	to count	Llenar	to fill	Trabajar	to work
Contestar	to answer	Llevar	to carry, wear	Traer	to bring
Correr	to run	Llorar	to cry	Usar	to use
Cortar	to cut	Manejar	to drive	Valer	to be worth
Creer	to believe	Mirar	to look	Vender	to sell
Dañar	to hurt, to harm	Mostrar(o-ue)	to show	Venir (e-ie)	to come
Dar	to give	Necesitar	to need	Ver	to see
Deber	to owe	Oír	to hear	Vestir (e-i)	to dress
Decir (e-i)	to say	Olvidar	to forget	Viajar	to travel
Dejar	to leave	Pagar	to pay	Vivir	to live
Desear	to wish	Pasar	to pass	Volar (o-ue)	to fly
Dibujar	to draw	Pedir (e-i)	to request	Volver (o-ue)	to return
Doler (o-ue)	to hurt	Peinar	to comb		
Dormir (o-ue)	to sleep	Pensar (e-ie)	to think		
Empezar (e-ie)	to start	Perder (e-ie)	to lose		
Emerger	to emerge	Poder (o-ue)	to be able to		
Encontrar (o-ue)	to find	Poner	to put		
		Preguntar	to ask		

6 Essential Spanish Verb Tenses

Notes about this Verb chart:

1. Subjects arranged in this order:

Yo	Nosotros
Tú	
Él, Ella, Usted	Ellos, Ellas, Ustedes

2. Patterned endings are underlined.

3. Example meaning of the 6 tenses in English. Substitute “do” with the verb you’re using:

Present	Preterite	Imperfect	Imperative	Present Perfect	Conditional
Do	Did	Used to do Was doing	Do it!	Have done	Would do (hypothetical, not past)

4. You will see examples of stem changers and reflexives, but this isn’t necessarily a reference tool for stem changes & reflexives.

Regular verbs: These are examples. Apply the patterned endings to all regular verbs.

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Examinar	examino	examinamos	examiné	examinamos	examinaba	examinábamos			he examinado	hemos examinado	examinaría	examinaríamos
to examine	examinas		examinaste		examinabas		examina, no examines		has examinado		examinarías	
	examina	examinan	examinó	examinaron	examinaba	examinaban	examine, no examine		ha examinado	han examinado	examinaría	examinarían
	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Respirar	respiro	respiramos	respiré	respiramos	respiraba	respirábamos			he respirado	hemos respirado	respiraría	respiraríamos
to breathe	respiras		respiraste		respirabas		respira, no respire		has respirado		respirarías	
	respira	respiran	respiró	respiraron	respiraba	respiraban	respire, no respire		ha respirado	han respirado	respiraría	respirarían
	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Mover (o-ue)	muevo	movemos	moví	movimos	movía	movíamos			he movido	hemos movido	movería	moveríamos
to move	mueves		moviste		movías		mueve, no muevas		has movido		moverías	
	mueve	mueven	movió	movieron	movía	movían	mueva, no mueva		ha movido	han movido	movería	moverían

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	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Responder	respon <u>d</u> o	respon <u>d</u> emos	respon <u>d</u> í	respon <u>d</u> imos	respon <u>d</u> ía	respon <u>d</u> íamos			he respon <u>d</u> ido	hemos respon <u>d</u> ido	respon <u>d</u> ería	respon <u>d</u> eríamos
to respond	respon <u>d</u> es		respon <u>d</u> iste		respon <u>d</u> ías		Respon <u>d</u> e, no respon <u>d</u> as		has respon <u>d</u> ido		respon <u>d</u> erías	
	respon <u>d</u> e	respon <u>d</u> en	respon <u>d</u> ió	respon <u>d</u> ieron	respon <u>d</u> ía	respon <u>d</u> ían	respon <u>d</u> a, no respon <u>d</u> a		ha respon <u>d</u> ido	han respon <u>d</u> ido	respon <u>d</u> ería	respon <u>d</u> erían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Subir	sub <u>o</u>	sub <u>o</u> s	sub <u>í</u>	sub <u>o</u> s	sub <u>ía</u>	sub <u>ía</u> mos			he sub <u>id</u> o	hemos sub <u>id</u> o	sub <u>ir</u> ía	sub <u>ir</u> íamos
to raise / go up	sub <u>e</u> s		sub <u>ist</u> e		sub <u>ía</u> s		sub <u>e</u> , no sub <u>as</u>		has sub <u>id</u> o		sub <u>ir</u> ías	
	sub <u>e</u>	sub <u>en</u>	sub <u>ió</u>	sub <u>ier</u> on	sub <u>ía</u>	sub <u>ía</u> n	sub <u>a</u> , no sub <u>a</u>		ha sub <u>id</u> o	han sub <u>id</u> o	sub <u>ir</u> ía	sub <u>ir</u> ían
	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Resistir	resist <u>o</u>	resist <u>o</u> s	resist <u>í</u>	resist <u>o</u> s	resist <u>ía</u>	resist <u>ía</u> mos			he resist <u>id</u> o	hemos resist <u>id</u> o	resist <u>ir</u> ía	resist <u>ir</u> íamos
to resist	resist <u>e</u> s		resist <u>ist</u> e		resist <u>ía</u> s		resist <u>e</u> , no resist <u>as</u>		has resist <u>id</u> o		resist <u>ir</u> ías	
	resist <u>e</u>	resist <u>en</u>	resist <u>ió</u>	resist <u>ier</u> on	resist <u>ía</u>	resist <u>ía</u> n	resist <u>a</u> , no resist <u>a</u>		ha resist <u>id</u> o	han resist <u>id</u> o	resist <u>ir</u> ía	resist <u>ir</u> ían

Irregular verbs: Irregularities highlighted in red:

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Abrir	abro	abrimos	abr <u>í</u>	abrimos	abr <u>ía</u>	abr <u>ía</u> mos			he ab <u>ie</u> rto	hemos ab <u>ie</u> rto	abr <u>ir</u> ía	abr <u>ir</u> íamos
to open	abres		abriste		abr <u>ías</u>		abre, no abras		has ab <u>ie</u> rto		abr <u>ir</u> ías	
	abre	abren	abr <u>ió</u>	abrieron	abr <u>ía</u>	abr <u>ía</u> n	abra, no abra		ha ab <u>ie</u> rto	han ab <u>ie</u> rto	abr <u>ir</u> ía	abr <u>ir</u> ían
	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Andar	ando	andamos	and <u>uve</u>	and <u>uv</u> imos	andaba	andábamos			he andado	hemos andado	andar <u>ía</u>	andar <u>ía</u> mos
to walk	andas		and <u>uv</u> iste		andabas		anda, no andes		has andado		andar <u>ías</u>	
	andas	andan	and <u>uvo</u>	and <u>uv</u> ieron	andaba	andaban	ande, no ande		ha andado	han andado	andar <u>ía</u>	andar <u>ía</u> n

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Caber	quepo	cabemos	cupe	cupimos	cabía	cabíamos			he cabido	hemos cabido	cabría	cabríamos
to fit	cabes		cupiste		cabías		cabe, no quepas		has cabido		cabrías	
	cabe	cabem	cupo	cupieron	cabía	cabían	quepa, no quepa		ha cabido	han cabido	cabría	cabrían
	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Caerse	me caigo	nos caemos	me caí	nos caímos	me caía	nos caíamos			me he caído	nos hemos caído	me caería	nos caeríamos
to fall	te caes		te caíste		te caías		cáete, no te caigas		te has caído		te caerías	
	se cae	se caen	se cayó	se cayeron	se caía	se caían	caíase, no se caiga		se ha caído	se han caído	se caería	se caerían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Conocer	conozco	conocemos	conocí	conocimos	conocía	conocíamos			he conocido	hemos conocido	conocería	conoceríamos
to know people	conoces		conociste		conocías		conoce, no conozcas		has conocido		conocerías	
and places	conoce	conocen	conoció	conocieron	conocía	conocían	conozca, no conozca		ha conocido	han conocido	conocería	conocerían
	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Dar	doy	damos	di	dimos	daba	dábamos			he dado	hemos dado	daría	daríamos
to give	das		diste		dabas		da, no dés		has dado		darías	
	das	dan	dio	dieron	daba	daban	dé, no dé		ha dado	han dado	daría	darían
	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Decir (e-i)	digo	decimos	dije	dijimos	decía	decíamos			he dicho	hemos dicho	diría	diríamos
to say/tell	dices		dijiste		decías		di, no digas		has dicho		dirías	
	dice	dicen	dijo	dijeron	decía	decían	diga, no diga		ha dicho	han dicho	diría	dirían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Escribir	escribo	escribimos	escribí	escribimos	escribía	escribíamos			he escrito	hemos escrito	escribiría	escribiríamos
to write	escribes		escribiste		escribías		escribe, no escribas		has escrito		escribirías	
	escribe	escriben	escribió	escribieron	escribía	escribían	escriba, no escriba		ha escrito	han escrito	escribiría	escribirían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Estar	estoy	estamos	estuve	estuvimos	estaba	estábamos			he estado	hemos estado	estaría	estaríamos
to be	estás		estuviste		estabas		está, no estés		has estado		estarías	
	está	están	estuvo	estuvieron	estaba	estaban	esté, no esté		ha estado	han estado	estaría	estarían
	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Hacer	hago	hacemos	hice	hicimos	hacía	hacíamos			he hecho	hemos hecho	haría	haríamos
to do/make	haces		hiciste		hacías		haz, no hagas		has hecho		harías	
	hace	hacen	hizo	hicieron	hacía	hacían	haga, no haga		ha hecho	han hecho	haría	harían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Ir	voy	vamos	fui	fuimos	iba	íbamos			he ido	hemos ido	iría	iríamos
to go	vas		fuiste		ibas		ve, no vayas		has ido		irías	
	va	van	fue	fueron	iba	iban	vaya, no vaya		ha ido	han ido	iría	irían
	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Morir (o-ue)	muero	morimos	morí	morimos	moría	moríamos			he muerto	hemos muerto	moriría	moriríamos
to die	mueres		moriste		morías		muere, no mueras		has muerto		morirías	
	muere	mueren	murió	murieron	moría	morían	muera, no muera		ha muerto	han muerto	moriría	morirían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Oír	oigo	oímos	oí	oímos	oía	oíamos			he oído	hemos oído	oiría	oiríamos
to hear	oyes		oíste		oías		oye, no oigas		has oído		oirías	
	oye	oyen	oyó	oyeron	oía	oían	oiga, no oiga		ha oído	han oído	oiría	oirían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Poder (o-ue)	puedo	podemos	pude	podimos	podía	podíamos			he podido	hemos podido	podría	podríamos
to be able to	puedes		podiste		podías		puede, no puedas		has podido		podrías	
	puede	pueden	pudo	pusieron	podía	podían	pueda, no pueda		ha podido	han podido	podría	podrían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Poner	pongo	ponemos	puse	pusimos	podía	podíamos			he puesto	hemos puesto	pondría	pondríamos
to put/place	pones		pusiste		podías		pon, no pongas		has puesto		pondrías	
	pone	ponen	puso	pusieron	podía	podían	ponga, no ponga		ha puesto	han puesto	pondría	pondrían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Querer (e-ie)	quiero	queremos	quise	quisimos	quería	queríamos			he querido	hemos querido	querría	querríamos
to want	quieres		quisiste		querías		quiere, no quieras		has querido		querrias	
	quiere	quieren	quiso	quisieron	quería	querían	quiera, no quiera		ha querido	han querido	querría	querrían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Resolver (o-ue)	resuelvo	resolvemos	resolví	resolvimos	resolvía	resolvíamos			he resuelto	hemos resuelto	resolvería	resolveríamos
to resolve	resuelves		resolviste		resolvías		resuelve, no resuelvas		has resuelto		resolverías	
	resuelve	resuelven	resolvió	resolvieron	resolvía	resolvían	resuelva, no resuelva		ha resuelto	han resuelto	resolvería	resolverían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Romper	rompo	rompemos	rompí	rompimos	rompía	rompíamos			he roto	hemos roto	rompería	romperíamos
to break/tear	rompes		rompiste		rompías		rompe, no rompas		has roto		romperías	
	rompe	rompen	rompió	rompieron	rompía	rompían	rompa, no rompa		ha roto	han roto	rompería	romperían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Saber	sé	sabemos	supe	supimos	sabía	sabíamos			he sabido	hemos sabido	sabría	sabríamos
to know info	sabes		supiste		sabías		sabe, no sepas		has sabido		sabrías	
	sabe	saben	supo	supieron	sabía	sabían	sepa, no sepa		ha sabido	han sabido	sabría	sabrían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Salir	salgo	salimos	salí	salimos	salía	salíamos			he sabido	hemos sabido	saldría	saldríamos
to leave/go out	sales		saliste		salías		sal, no salgas		has sabido		saldrían	
	sale	salen	salió	salieron	salía	salían	salga, no salga		ha sabido	han sabido	saldría	saldrían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Ser	soy	somos	fui	fuimos	era	éramos			he sabido	hemos sabido	sería	seríamos
to be	eres		fuiste		eras		sé, no seas		has sabido		serías	
	es	son	fue	fueron	era	eran	sea, no sea		ha sabido	han sabido	sería	serían

	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Tener (e-ie)	tengo	tenemos	tuve	tuvimos	tenía	teníamos			he tenido	hemos tenido	tendría	tendríamos
to have	tienes		tuviste		tenías		ten, no tengas		has tenido		tendrías	
	tiene	tienen	tuvo	tuvieron	tenía	tenían	tenga, no tenga		ha tenido	han tenido	tendría	tendrían

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	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Traer	traigo	traemos	traje	trajimos	traía	traíamos			he traído	hemos traído	traería	traeríamos
to bring	traes		trajiste		traías		trae, no traigas		has traído		traerías	
	trae	traen	trajo	trajeron	traía	traían	traiga, no traiga		ha traído	han traído	traería	traerían
	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Venir (e-ie)	vengo	venimos	vine	vinimos	venía	veníamos			he venido	hemos venido	vendría	vendríamos
to come	vienes		viniste		venías		ven, no vengas		has venido		vendrías	
	viene	viene	vino	vinieron	venía	venían	venga, no venga		ha venido	han venido	vendría	vendrían
	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Ver	veo	vemos	vi	vimos	veía	veíamos			he visto	hemos visto	vería	veríamos
to see	ves		viste		veías		ve, no veas		has visto		verías	
	ve	ven	vio	vieron	veía	veían	vea, no vea		ha visto	han visto	vería	verían
	Present		Preterite		Imperfect		Imperative		Present Perfect		Conditional	
Volver (o-ue)	vuelvo	volvemos	volví	volvimos	volvía	volvíamos			he vuelto	hemos vuelto	volvería	volveríamos
to return	vuelves		volviste		volvías		vuelve, no vuelvas		has vuelto		volverías	
	vuelve	vuelven	volvió	volvieron	volvía	volvían	vuelva, no vuelva		ha vuelto	han vuelto	volvería	volverían