



ME TO WE AMAZON YOUTH TRIP: 12 DAY SAMPLE ITINERARY*

DAY 1: TRAVEL AND ARRIVAL IN ECUADOR

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

DAY 2: TRAVEL TO THE AMAZON

Travel deep into the rainforest and get settled at the Minga Lodge, ME to WE's beautiful eco-lodge and your new home-away-from-home.

DAYS 3 – 10:

Every day of your trip is made up of a combination of volunteering or building activities, unique cultural experiences and leadership skill building modules.

HIGHLIGHTS INCLUDE:

- **Jungle Hike**
Hike in primary and secondary rainforests with a multi-lingual naturalist guide and discover the amazing array of animals, birds, trees, plants and insects.
- **Building 101**
Make the most of your volunteering time in the community by taking part in a mandatory one-hour project building safety workshop.
- **Volunteer Project Building**
Depending on the community, day and time, your volunteering could range from building, to tree planting, to restoration—all projects that will help remove the barriers to education.
- **Shaman Visit**
Experience Amazonian culture firsthand as you meet a local Shaman and learn to use traditional jungle weaponry.

OTHER ACTIVITIES MAY INCLUDE:

- **Spanish Lessons**
- **Traditional Dance Presentation**
- **Community Visits**
- **Artisan Group Visit**
- **Local Market Visit**
- **Interactive Night Hike**
- **A Day in the Life Activity**
- **Cooking Demonstration**

DAY 11: TRAVEL TO QUITO

Say goodbye to the Minga Lodge (and Yolanda, the parrot) and return to Quito for a final celebration dinner. Explore Quito's Historic Centre, a UNESCO World Heritage Site, on a guided walking tour. It is the ideal backdrop to learn about Ecuador's colonial past and contemporary struggles.

DAY 12: ARRIVE HOME

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

**Note: Trip length is customizable. Itinerary and daily activities are subject to change.*



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A TYPICAL DAY*:

8:00am – 9:30am

- Breakfast overlooking the Amazon River

9:30am – 12:30pm

- Daily cultural activity: A Day in the Life Activity

12:30pm – 1:30pm

- Lunch at Minga Lodge

1:30pm – 2:30pm

- Energizer / team building activity
- Depart for community and project building

2:30pm – 5:30pm

- Build site orientation and instruction of afternoon activities
- Volunteer Project Building

5:30pm – 7:30pm

- Return to the Minga Lodge
- Dinner at Minga Lodge

7:30pm – 10:00pm

- Action Planning
- Review schedule for the next day
- Choice time to relax, play cards, read or just reflect on your day in the Amazon.

10:00pm

- Lights out!

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A DAY IN THE LIFE ACTIVITY

Visit a neighboring farm and meet Don Vargas and his family. Spend time with them as they go about their daily lives—help them carry water from the river, plant or harvest different crops and tend to any other tasks required to run a farm in the rainforest. Take the time to connect with Don Vargas and his family and learn more about the challenges facing people living in the region.

VOLUNTEER PROJECT BUILDING

Depending on the community, day and time, your volunteering could be a variety of different activities that help remove the barriers to education—you could be laying foundation that will become a school, digging wells that will provide clean water, or planting crops that will grow into nourishing food. You'll see the real results of your work as you volunteer alongside community members on WE villages development projects. Your work will have an impact that will last for generations to come.

ACTION PLANNING

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