

## **Instructions for the *Pitzer in Ecuador* Supplementary Application**

Use for both the *Advanced Andean Studies* and the *Intensive Language and Culture* Programs

1. Please review the attached **health information**. Return the signature page with your completed application to indicate that you have read and understood the guidelines. Keep the health guidelines for future reference.
2. Please complete the **Host Family Information Form** and return to Pitzer College with your application. A color copy of a favorite casual snapshot of you with family or friends is optional. This would be submitted to your host family before your arrival.
3. Complete the **Directed Independent Study Project – Initial Proposal** form as a preliminary topic for your independent study project and return with the rest of the application.

## Health Information for Pitzer in Ecuador Applicants

There are special health considerations for students traveling to Ecuador. If you have a heart condition you should be aware that Quito's altitude (close to 10,000 feet) might cause serious health risks. You should consult with your personal medical provider before undertaking high-altitude travel. Malaria, yellow fever, and cholera are reaching epidemic levels in some outlying regions and are encroaching on the outskirts of cities such as Guayaquil.

### Immunizations

Ecuador does not currently require any certificate of immunizations for entry into the country, but other countries along your route may. For this reason, and for your own records, you should have all immunizations recorded in a yellow "World Health" booklet or "International Certificate of Vaccination" that is available from your doctor or health clinic. **Contact your doctor or local county health clinic** to set up a schedule for your shots. Some immunizations come in a series that may take weeks or even months to complete. All of the immunizations recommended below afford partial or full protection against diseases that still occur in Ecuador. Without an up-to-date immunization, any of these diseases could have serious, potentially life threatening consequences. **Please take these recommendations very seriously.**

**Typhoid:** The oral preventative vaccine is currently very difficult to obtain. If this is still the situation when you go for your immunizations, it will be necessary to get the injection. This vaccination, whether administered orally or by injection, is **highly recommended**; this is a serious and widespread disease in much of South America.

**Hepatitis A:** Infectious Hepatitis (Type A) is a viral disease of the liver that is transmitted primarily by the fecal-oral route via water or contaminated food. The **Hepatitis A vaccine (Havrix)** is **highly recommended for all students on the Pitzer College in Ecuador program**. The first dose provides adequate protection beginning four weeks after it is administered and lasting six to 12 months. Another dose is recommended six to 12 months after the first to provide long-term protection that will last for at least four years and maybe (as research results come in) much longer. A simultaneous dose of immune globulin is necessary *only* if you travel to a high-risk area *less* than four weeks after your initial dose of the Hepatitis A vaccine, before it becomes completely effective. The best course of action is to get both doses of the Hepatitis A vaccine before you leave. If this is not possible, it makes sense to get your first dose exactly one month before you go abroad so as to assure adequate protection from the time you arrive until the end of your program, without having to take IG. For persons who are allergic to the Hepatitis vaccine or otherwise elect not to receive it, immune globulin (5cc's) is still a viable option. You should get 5cc's of immune globulin just a few days before you leave the US to assure maximum effectiveness and coverage for your entire trip (up to four months). There is some concern that taking immune globulin for Hepatitis A at the same time or too close to some of your other immunizations may reduce their effectiveness. For this reason, if you elect to get IG rather than the Hepatitis A vaccine, we suggest that you complete all of your other immunizations at least one month before the beginning of your program, and then take your immune globulin just a few days before departure.

**Malaria:** Malaria is present in some parts of Ecuador, but not in Quito, so you do NOT need to take the prophylaxis for the entire program. Because the drug prophylaxis currently available in Ecuador may be ineffective due to resistant strains of Malaria known to be present in some areas of Ecuador, Pitzer highly recommends you bring enough to cover the one week trip to the Amazon and any other independent travel or independent study travel to malaria areas you may

anticipate. Please check the CDC Malaria Information for Traveler's to South America at <http://wwwn.cdc.gov/travel/yellowBookCh4-Malaria.aspx> and with your doctor to choose the appropriate amount for your needs. At the very least, you should bring enough Malaria prophylaxis for the one week trip to the Amazon. The CDC recommends the following drugs: **mefloquine** (brand name **Lariam®**), **doxycycline**, or **Malarone™**.

**Polio and Diphtheria-Tetanus:** As a general precaution, we **highly recommend** that you update these and any other childhood immunizations for which you haven't received a booster in the last five years.

**Cholera:** A shot is only **recommended** for those with compromised gastric conditions such as ulcers, but **optional** for others due to the very low chance of contacting this disease, and serious doubts about the effectiveness of the vaccination.

**Yellow Fever:** This is a viral infection also transmitted to humans by mosquitoes. Symptoms range from fever, chills, headache, and vomiting to jaundice and kidney failure. There is no specific drug to treat an infection of yellow fever. Prevention, therefore, is very important. Yellow fever is endemic throughout parts of Ecuador and Perú and we **highly recommend** that you get the vaccination. **For travel from Ecuador to Perú and back, proof of this vaccine is required. It's a one time shot good for ten years and necessary for your trip to Machu Picchu.**

**Hepatitis B:** This type of hepatitis is transmitted through body fluids such as blood and semen and is a much more serious form of the disease than type A (above). While there are compelling cultural, health, and legal reasons for avoiding sexual contact or intravenous drug use in Ecuador, the need for an emergency blood transfusion is possible for anyone and this vaccination **should be seriously considered** in consultation with your doctor. Three shots are necessary for full protection although partial immunity is acquired after the first two, which are administered one month apart. The third shot is given six months after the first shot. If you cannot complete the series before you leave, you may consider getting the first two shots before leaving and the third shot after your return to the US, or timing the series so that you can get your third shot while you are in Quito where it *is* available.

**Meningitis:** Meningococcal disease (bacterial meningitis) is a bacterial infection in the lining of the brain or spinal cord, which is transmitted through respiratory droplets when an infected person sneezes or coughs on you. There are occasional outbreaks of this disease among college students in the U.S. Pitzer continues to **highly recommend** a Meningococcal vaccine for students on a study abroad program. Good for one year. (See the CDC web site at <http://wwwn.cdc.gov/travel/contentDiseases.aspx#menin> for additional information.)

Updated 7/31/08

**PLEASE KEEP THIS DOCUMENT FOR FUTURE REFERENCE**

## HEALTH INFORMATION ACKNOWLEDGEMENT

I have read and understood the **Health Information for *Pitzer in Ecuador* Applicants**. I understand that they are Pitzer College's recommendations for my health and safety on this program. It is my responsibility to consult with my personal physician and the Center for Disease Control website <http://cdc.gov/travel> regarding these preventative measures and their applicability to my personal health.

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Student Name Printed

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Signed at (City Name)

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Student Signature

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Date

## SIGN AND RETURN THIS PAGE WITH YOUR APPLICATION

Return to: Pitzer College Study Abroad  
1050 N. Mills Avenue  
Claremont, CA 91711-6101

# INFORMATION FOR HOST FAMILY PLACEMENT IN ECUADOR

Your name \_\_\_\_\_

Mark the type of family you would like to be placed in:

\_\_\_ with young children \_\_\_ with older children \_\_\_ without children

Briefly describe your own family (i.e., number of brothers and sisters, their ages, parents' profession):

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Describe the type of family with which you would like to be placed:

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What would you do in order to be fully integrated into the activities of your host family? How would you achieve a good relationship with your host family?

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Are you a vegetarian?

If yes, please specify. Can you eat meat if necessary?

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Are you a smoker? \_\_\_ yes \_\_\_ no

If yes, would you be able to refrain from smoking in your host family's house?

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If you do not smoke, would you be able to live in a house with smokers?

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Do you have some type of allergy? \_\_\_ yes \_\_\_ no If answered yes, specify:

To medications: \_\_\_\_\_

To foods: \_\_\_\_\_

Other: \_\_\_\_\_

Do you like pets? \_\_\_ yes \_\_\_ no

Special interests and hobbies: (include sports, music, etc.)

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## INFORMATION FOR HOST FAMILY PLACEMENT in ECUADOR (con't)

Your name \_\_\_\_\_

What do you do in your free time?

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Religious affiliation? Would you like to be connected with a specific church?

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Briefly describe the most essential characteristics of your personality? (i.e. shy, outgoing, etc.)

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**Pitzer in Ecuador**  
**Directed Independent Study Project - Initial Proposal**  
**For Advanced Ecuadorian & Andean Studies and**  
**Intensive Language and Culture Programs**

Name \_\_\_\_\_ Email Address \_\_\_\_\_

College \_\_\_\_\_ Major \_\_\_\_\_

The Directed Independent Study Project (DISP) is a key component of the educational model of the Pitzer in Ecuador programs. It allows you to take one topic of special interest and explore it in depth through disciplined field research. A successful DISP aims to increase knowledge in a field of study that contributes to the host culture while providing you an opportunity to utilize and build upon your language skills and cross-cultural competencies.

In order to develop local connections and resources for your project and provide you with guidance, we would like you to fill out, scan and email a digital copy of this form to [studyabroad@pitzer.edu](mailto:studyabroad@pitzer.edu) by the application deadline. Your final proposal will be developed in close consultation with the program director and local faculty, scholars or specialists as appropriate. The culmination of your DISP will be a major paper and an oral presentation due at the end of the program. Students on the Advanced Ecuadorian & Andean Studies program will write the final paper in Spanish. Students on the Intensive Language and Culture program will have the option of writing their final paper in English or Spanish.

This is an *initial* proposal. After you are in Ecuador, and especially once your coursework is underway, you will be able to modify or change your proposal.

**Topic**

What focused research question would you like to explore? Please state in one question. Your scope should be relatively narrow to allow in-depth study.

**Methodology**

What methods will you use to gather information? Please be as specific as possible (ex. survey, interview, sampling, case study, life history analysis, etc.)

### **Relevant Background**

What previous coursework, lab, internship or research experience has prepared you for conducting this project?

### **Bibliographic References**

What bibliographic sources have you identified that will provide context, research methods, or content knowledge for your project? Please list at least three (title, author, date published, title of article, book, or chapter, etc.). Will you be able to access these and other pertinent resources while in Ecuador?

### **Ethical Considerations**

Are there ethical concerns or considerations you must address in relation to research you are proposing? If you will be conducting research with human subjects, will you be able to avoid physical and psychological harm to your subjects? Do you need to address any issues of privacy or confidentiality?

### **Safety Considerations**

Can you think of any risks to your safety or others involved in carrying out your project?