

PITZER IN ECUADOR



IMPORTANT INFORMATION

Visit the [Pre-Departure Information and Handbooks website](#) for additional information about the topics below and other helpful resources for study abroad.

[CULTURAL IMMERSION WHILE ABROAD](#)

The study abroad programs at Pitzer College provide ample opportunities for cultural immersion. They require adaptation. Wherever you go, we hope you will engage the local lifestyle, language, and culture as fully as possible, and begin to understand your hosts. Most programs provide experienced cross-cultural guidance as well as structured activities that facilitate interaction. Pitzer asks that you make the commitment to take those opportunities and follow that guidance when you participate in a study abroad program. Notice the word commitment. Immersion does not happen automatically. It takes a certain commitment over the course of the program— a mindfulness of why you came in the first place and faithfulness to that. Visit the website to learn more.

[DIVERSITY AND IDENTITY ABROAD](#)

Your various identities will influence your study abroad experience. Depending on how you identify, you may experience study abroad differently from your peers of other identities. This doesn't necessarily mean that you'll have negative experiences, but we know students from certain identity backgrounds, particularly students of color, women, LGBTQIA+ students and those of certain religious backgrounds, are more prone to face incidents related to their identity abroad. Therefore, it is important to know what the experience is like in-country for people who share your identity and make sure it's safe. Doing this research ahead of time will help you choose a location that suits your comfortability level and will help you better navigate various experiences while abroad. We encourage you to consult the articles and resources on the website and invite students to discuss questions and concerns with the Office of Study Abroad.

[PITZER COLLEGE PROGRAM MODEL](#)

Pitzer's Study Abroad programs ask students to engage in the local lifestyle, language, and culture as fully as possible. Our programs provide ample opportunities for cultural immersion and integrated learning. Rather than thinking about the program as separate courses or classes (which is how it shows up on the transcript), we want you to begin to see the program as it really is: a connected whole where each part of the program is related to and dependent on every other part of the program, and where all these components work together to create a particular kind of interconnected intercultural learning experience. Your program may consist of a combination of language learning, family stays, study trips, community interaction, the core class, and independent learning.

PROGRAM OVERVIEW

LOCATION

High in the Andes and with a spring-like climate throughout the year, Quito, Ecuador, is one of the most beautiful cities in South America. Quito, the capital of Ecuador, was founded in the 16th century on the ruins of an Inca city and stands at an altitude of 2,850 m (9350 feet). Despite the 1917 earthquake, the city has the best-preserved, least-altered historic centre in Latin America. The monasteries of San Francisco and Santo Domingo, and the Church and Jesuit College of La Compañía, with their rich interiors, are pure examples of the 'Baroque school of Quito', which is a fusion of Spanish, Italian, Moorish, Flemish, and indigenous art. In 1978, UNESCO designated Quito as a world cultural heritage site, ensuring the preservation of some of the most impressive colonial-era architecture in Latin America. With a geography that encompasses tropical Pacific beaches, Andean Mountain villages, and the Amazon rainforest, Ecuador provides a dynamic setting for studying the challenges that face a small, developing nation.

ACADEMICS

COURSES AND CREDITS

	Course Credits
Core Course: Ecuador, un país andino	1.0
Independent Study Project (ISP)	1.0
Intensive Spanish or Content Courses at USFQ	2.0
Total credits	4

Grades for this program will be recorded on a Pitzer College transcript and included in the Pitzer GPA. Students are required to participate fully in all program components and are not allowed to withdraw from individual courses. Students must take all courses for a letter grade.

Students who wish to receive credit towards their major for a particular course should consult their academic adviser for guidelines. At Pitzer College the field group decides which courses may be counted towards a major or minor graduation requirement. The Pitzer registrar in conjunction with various field groups decides which courses may be counted towards general graduation requirements. Some schools, field groups, or departments may wish to see a syllabus, samples of coursework, texts, or other program materials to decide. Please check before you go.

PROGRAM DATES FOR SPRING 2024

The Pitzer in Ecuador program will run from Wednesday January 10 (arrival) to Saturday May 18 (departure). Pitzer requires you to participate in the entire program. Late arrivals or early departures are unacceptable. Loss of credit or lowering of grades may result if you arrive late or depart early.

THE CORE COURSE - ECUADOR, UN PAÍS ANDINO

The Pitzer core course, *Ecuador: un país andino*, integrates all components of the program, including lectures, study trips, involvement in a local community organization and the family stay. It offers an important framework for understanding the social, political, economic, and environmental issues in contemporary Ecuador and provides students with training in ethnographic field methods that they will employ in their independent study project. Students meet once a week in class and spend additional hours participating in a community organization in Quito. The core course is taught in Spanish by the program director, using a sheltered approach that is appropriate for all language levels, and that allows all students to engage fully in the ideas and issues covered in the classroom and the readings.

To deepen students' knowledge about topics discussed in the seminar, students will take part in two main study trips. The first will be to the Galápagos Islands, which are known worldwide for their flora, fauna, and unique beauty. In the Galápagos, students will be able to appreciate the biodiversity that characterizes Ecuador and learn about some of the practices that are endangering the island as well as efforts by locals and some institutions that are working to protect it. The second study trip will take students to the community of San Clemente, an indigenous Quechua community located in the foothills of the Imbabura Volcano (to the north of Quito). There, students will interact with the indigenous population of the area and will get to know, firsthand, their way of life and on-going issues and projects.

SERVICE LEARNING

To gain firsthand experience with issues explored in the core course, students spend at least 6 hours a week participating in a service-learning experience with a local organization. A variety of opportunities are available, ranging from volunteering at a hospital or clinical setting to teaching in a school for indigenous children, to participating in an organization that assists people facing food and housing insecurity.

INTENSIVE SPANISH

Typically, students at beginning and intermediate low levels will take Intensive Spanish as a second language at Academia Latinoamericana de Español, a premier language institution in Quito with which Pitzer has had a relationship for over twenty years. The course emphasizes both oral and written proficiency through a highly communicative, interactive curriculum that is closely connected to the homestay experience, issues raised in the core course, and other field activities. Students attend language classes for 16 to 20 hours a week for the duration of the program for a total of over 200 hours of in-class instruction. Working toward Spanish fluency is not just a classroom exercise. Language learning is part of your everyday life through interactions with your host family, program staff and internship organization. The competence you develop in Spanish will be crucial to realizing your educational goals in Ecuador, and a vital component of this will be the commitment you make to create a Spanish-speaking environment both in and out of class.

COURSES AT USFQ

All students will enroll in and take at least one class at Universidad San Francisco de Quito (USFQ) along with regular Ecuadorian students. Students with advanced Spanish will take two classes at USFQ. Lower-level language students will take one class that is less language intensive (yoga, dance, cooking, art, etc.) in addition to their class at Academia Latinoamericana. Faculty at Academia Latinoamericana are available for non-credit tutoring assistance for any student on the program who can use extra help with their USFQ coursework.

Grades for this program will be recorded on a Pitzer College transcript and included in the Pitzer GPA. Non-Pitzer students will be issued a Pitzer College transcript, which will be forwarded to their home schools. Students are required to participate fully in all program components and, after the first week or so at USFQ, are not allowed to withdraw from individual USFQ courses. **Students must take all courses for a letter grade.**

Registering at USFQ

- Students will receive an email from Verónica Castelo Bernasconi, Coordinator for Incoming Students at USFQ, indicating your nomination and how to get started on the USFQ application.
- Students will be expected to take an online Spanish test to register at USFQ but don't worry about the results.
- You will receive an email notifying you when classes will be available online so you can see which classes you want to take, and when you can officially register for classes.
- **For students taking two courses at USFQ:** We recommend that you try to take a course related to Latin America or Ecuador such as, Literatura ecuatoriana, Historia de América Latina o Historia del Ecuador, sociología del Ecuador, ecología del Ecuador, antropología sobre grupos étnicos del Ecuador, etc.

Additional Notes on Registration:

- You must **not** register for a USFQ class on Tuesday afternoons because that is when you will be attending the core course for the program. The core course begins at 3 PM but you should make sure you do not have any USFQ classes that go beyond 12 Noon on that day so that you have time for lunch and travel back to the program center. Travel from USFQ to the program center can take anywhere from 30 minutes to an hour, depending on traffic, etc.

- Lower-level Spanish students should not schedule any morning classes at USFQ because they will be at Academia for their intensive Spanish course from 8:30 to 1:00 four days a week. Your USFQ classes should probably be late afternoon starting after 3 PM (but not on Tuesday!). You will have one or two mornings during the week for your community service depending on the needs of the organization and your schedule (many community service organizations do most of their work in the mornings).
- Advanced Spanish language students can schedule morning classes at USFQ, but they should keep at least one complete morning open for their community service work.
- We recommend that you register for more classes than you will eventually take so that you can go to each class the first week and see which class(es) you want to keep. Students who plan to take two USFQ classes for credit should register for 4 or 5 classes, and students who will eventually take one USFQ course for credit, should register for 3 or 4, out of which you will pick one for your official USFQ class.

INDEPENDENT STUDY PROJECT

The Independent Study Project (ISP) allows you to take one topic of special interest and explore it in depth. It presents a unique opportunity to utilize and build upon your language skills and cross-cultural competencies as you form new relationships with members of the host culture related to your field of study and systematically explore your topic of interest. ISP proposals will be developed and approved in consultation with program staff, faculty, local scholars, or specialists. The relationships you form with program staff and local experts who help you to develop your proposal and guide your project are crucial and should be considered an important part of the learning process for the course. Depending on the project, its location and the resources available, actual fieldwork may be closely guided by program staff and/or local experts or conducted entirely independently. Guidance for writing your final paper will be provided by your project adviser or program staff as requested and necessary. Program staff must approve ISP topics and locations. Some locations and topics will not be approved because of safety, health, or other concerns. The project culminates in a major paper written in Spanish for students with advanced Spanish proficiency, and in English for students with beginning or intermediate Spanish proficiency.

TYPES OF PROJECTS

The ISP may take one of several forms depending on your interests, available resources in the host culture, the feasibility of the project, and the credit requirements of your home institution.

RESEARCH PROJECT

Use field research techniques that facilitate cultural immersion and language learning (oral interviews, ethnographies, case histories) to investigate a question or issue of personal interest that brings you a deeper understanding of the host culture.

INTERNSHIP

Work within a private, public or educational organization to gain insights into how a particular social issue is being addressed. Use your language skills to interact with both agency professionals and the clients served by the agency. Analyze the effectiveness of the organization as well as the issue it is addressing.

REQUIREMENTS

All projects, regardless of form and topic require the following:

1. A focused research question or topic that is viable and feasible given your progress in the language, your experience with field research, the time allotted and the available resources.
2. An appropriate methodology for exploring your topic.

3. A significant period of hands-on fieldwork that requires interaction with members of the host culture who are directly involved in your study topic.

4. A major paper reflecting on the experience.

GRADING

Grading will consider the process (e.g., proposal, methodology, relationship building, fieldwork, internship performance, presentation of findings to program staff and students) as well as the final paper.

LIBRARY RESEARCH

The ISP is not primarily library research. Exploring literature that is relevant to your topic will be an important step in formulating your proposal and in writing up your work in your final ISP paper, but the bulk of your ISP time should be spent using your language and cross-cultural skills to conduct actual field research.

INTERACTION WITH LOCAL EXPERTS

Members of the host culture who have studied your topic often serve as important resources in picking a topic, choosing a location, developing a proposal with an appropriate methodology, and, placing your own work in the context of a larger body of work when you write your final paper. However, interviewing experts who have studied your topic, even when they are members of the host culture, should not be your primary means of collecting data and should not take up the bulk of your ISP time. Most of your fieldwork should consist of hands-on work with people who are directly involved in your topic of interest.

THE USE OF INTERPRETERS, QUESTIONNAIRES OR SURVEYS

The use of a bilingual informant to help you translate interviews or conversations you tape may be appropriate, but you should design your project and plan your questions in ways that allow you to use and develop your own language skills. Project topics and methodology (questionnaires, surveys, etc.) should be designed to fit your language level whenever possible. Remember, the goal here is for you to learn about your area of interest in ways that allow you to interact directly with people involved in your topic. The relationships you form and the learning and growth you experience while doing this (which will be recorded in your final paper) will very likely become one of the most valuable and rewarding aspects of the program for you.

ETHICAL GUIDELINES FOR THE INDEPENDENT STUDY PROJECT

Students participating in ISPs abroad are held to high standards of academic and professional conduct, including adhering to the Ethical Standards for the Engagement of Communities Abroad (see Appendix).

SUMMARY

1. Pick a topic you are passionate about and that is feasible.
2. Do something you cannot do at your home institution.
3. Do something that enhances your language and culture learning.
4. Do something that promotes interaction with members of the host culture who are directly involved in your topic of interest.

FAMILY STAY

Host families are important co-educators on the program, providing students with a singular opportunity to develop their Spanish proficiency, learn about Ecuadorian culture, and explore issues raised in the core course or observed throughout the program. The primary family stay will take place in Quito with a middle-class, professional family. The other homestay experience will take place on the second study trip with an Indigenous family in the rural community of San Clemente, where students will engage in and learn about agricultural, cultural and ancestral practices. Outside of the study trip, students are with their host family in Quito the entire semester.

PLANNING FOR TRAVEL AND FLIGHTS

In addition to reading the material in this handbook, students are encouraged to read the material in the [Travel and Communication](#) section of the website.

PASSPORTS

All students on the program need a passport. Check the expiration date of your passport before beginning the program. If you do not have a passport valid for six months after your planned return from study abroad, expedite the application or renewal process. Processing a new passport application or renewal may take several weeks. US passport holders should visit <https://travel.state.gov/content/travel/en/passports/how-apply.html> if they need to renew their passport. Students with a non-US passport should work with their country's embassy.

VISAS

As of November 2022, students with a US passport or a passport from another country not included in the list below may enter Ecuador without a visa. See further below for instructions at port of entry.

Countries that require a visa: Afghanistan, Angola, Bangladesh, Cameroon, Cuba, Democratic People's Republic of Korea, Democratic Republic of Congo, Egypt, Eritrea, Ethiopia, Gambia, Ghana, Guinea, India, Iran, Iraq, Kenya, Libya, Nepal, Nigeria, Pakistan, Philippines, Senegal, Somalia, Sri Lanka, Syria, Venezuela, Vietnam, and Yemen.

Port of Entry:

In general, students will receive a 90-day tourist visa upon arrival, but it might be possible to receive 180 days if they present their USFQ acceptance letter to customs officials. If presenting the letter to Ecuadorian officials does not work in getting 180 days, do not worry. If you receive the standard 90-day tourist visa, USFQ will help with getting your tourist visa extended to cover the entire length of your program. The process to extend the visa is simple. Students will need to present the following documents in the beginning weeks of the program:

- a. Extension permit form (provided by USFQ)
- b. Original Passport and a color copy - THE PASSPORT HAS TO BE SIGNED BY STUDENTS.
- c. A letter from their international health insurance provider stating their name, coverage period, and benefits. Pitzer will send this letter to students before they leave for Ecuador.

Anyone who has been to Ecuador in the past year should check with the local consulate in the US to ensure that they can enter Ecuador again on a tourist visa in January. There may be limits on how many months you can spend in the country on a tourist visa in any given year.

FLIGHT ARRANGEMENTS

You should arrive at the Mariscal Sucre Quito International Airport on the arrival date of January 10. The staff and host families cannot accommodate you before the arrival date. If you plan to arrive in South America earlier for independent

travel, we ask that you make your own arrangements to arrive in Quito on the arrival day. Please notify the program director of your arrival plans well before the arrival date, so he can plan to meet you. Late arrivals cause significant disruption of the program, so it is important that you arrive on time. **You are free to depart Quito on May 18.**

Before you can book your flight, you are required to submit the Pitzer acceptance paperwork and complete orientation requirements by the dates listed in the Pitzer study abroad application portal. If you complete these requirements less than two weeks prior to your departure, you will be responsible for any charges incurred to expedite your ticket.

BOOKING YOUR FLIGHT

All students are required to book their flight through Pitzer's designated travel agent. If you are a student from Bard College or Sarah Lawrence College, please contact your study abroad office for the policy that applies to you as it is different. Allow ample time to work with our travel agent to arrange your flight. When you contact the travel agent, identify yourself as a student in the Pitzer in Ecuador program and inform her of your program dates.

PITZER'S DESIGNATED TRAVEL AGENT

KIM RUDD at Corniche Travel

Email: pitzer@corniche.com

Phone: 951.698.0089 6:00 a.m. to 4:30 p.m.

Additional agents are available from 6:00 a.m. to 6:00 p.m., (Pacific time zone)

Phone: 310.854.6000 Monday through Friday, closed major holidays

Office: 8721 Sunset Boulevard, Suite 200, West Hollywood, CA 90069

www.corniche.com

Airfare Policy

Tickets not purchased through the Pitzer designated travel agent will NOT be reimbursed or credited to student accounts. Frequent flier miles may NOT be used to book flights.

The maximum airfare Pitzer College will pay is based upon the cost of a round trip ticket from the closest major international airport to the student's permanent address city in the US to the designated international airport near the program site for the exact dates of the program. For international students, the maximum airfare is based upon the cost of a round trip ticket from Los Angeles International Airport (LAX). The travel agent will bill Pitzer for the approved ticket. Students will pay the travel agent directly for the additional costs of an itinerary that is more expensive than the approved flight. No refund or credit is given if the ticket costs less than the maximum.

The following items may increase the cost of a ticket. Students will only be charged for actual overages.

- Finalizing travel arrangements after the due date listed in the student's study abroad application portal
- Travel dates that vary from the dates of the program, including going early or staying after the program ends
- Special requests for routing or stopovers through specific cities or countries
- Open return tickets - these are discouraged and may not be possible due to visa requirements
- Extra luggage charges - airlines may change luggage restrictions without notice.
- Changing the ticket after it is issued. These costs include change fees and any increase in airfare.

- Replacing lost tickets



If for any reason, you are not able to use an airline ticket, the **airline must be notified *prior to the departure of the first flight*** that you will be changing the ticket. **Unused tickets including E-tickets become worthless once the plane departs.** You are responsible for the replacement cost of an unused ticket.

CHECKING IN AT THE AIRPORT

As indicated previously, you will not need a visa prior to leaving the US. However, some airlines have questioned our students about not having a visa to cover their entire four months in Ecuador. Pitzer will provide you with a letter that should convince the airline to let you board without a visa. If the airline official does not budge, request to change your return to 90 days from your arrival day. Pitzer will assist you in changing it back to the original return date once you are in Quito and are working with USFQ on your tourist visa extension.

FURTHER ENTRY REQUIREMENTS RELATED TO COVID-19

Ecuador eliminated its COVID-19 entry requirements effective October 20, 2022. For more information, please see the October 19, 2022, resolution issued by Ecuador's Emergency Operations Committee:

<https://www.gestionderiesgos.gob.ec/resoluciones-coe/>.

Ecuador also eliminated its COVID-19 entry requirements for the Galápagos Islands.

Regulations may change, so we recommend that students check for any updates through the US Embassy in Ecuador.

<https://ec.usembassy.gov/covid-19-information-ecu-2/>

WHERE TO MEET THE PROGRAM STAFF

Our office will forward your flight arrival information to Sebastián Granda, the program director who will meet you at the Quito airport. After you collect your baggage and go through customs, there is only one exit from the airport. Wait there for him to meet you. He will be holding a Pitzer sign.

If something unexpected occurs and you miss a connecting flight, are delayed, or are unable to find the director at the airport, you should call the program director's mobile phone. You may also contact the Office of Study Abroad and International Programs in Claremont. Phone numbers will be emailed to students as well as uploaded to their study abroad application portal.

The program director will drop students off at a local hotel where they will stay the night before they move in with their host families. The program director, program coordinator, and host mothers will meet with students the following day.

VISITORS AND INDEPENDENT TRAVEL

The details of your class syllabus, exam schedule, or the final schedule for your program will be given to you during your on-site orientation or the first day of classes. It is crucial that you **not** plan visitors or independent travel until you receive the schedule during orientation and check with your program director.

BEFORE YOU GO

In addition to reviewing the information in this handbook, students are encouraged to review the material provided in the [Prepare to Go](#) section of the website.

CLOTHING, MEDICINE, AND MISCELLANEOUS

What you bring is an individual matter. It depends upon what you may want to buy in Quito, how much you want to carry (the lighter the better), and what you plan to do during your semester. Everything you might need is available in Quito, but you may not have access to your favorite brands. We suggest you come **as light as possible** and buy anything else you need in Ecuador. Traveling becomes much more enjoyable as the weight of your bags decreases. Whether you bring it with you or buy it, the following items are suggested:

CLOTHING

You should have at least an 8-day supply of clothing (made up of a mixture of the following). Keep in mind that Quito has an average temperature of 70 degrees Fahrenheit during the day and is cooler at night (the rainy season begins in November and continues through April). You should bring a few sets of more formal attire for occasional social necessities and warm and light mountain clothes for trekking. You are welcome to bring clothing that reflects your personal style while keeping in mind people dress slightly more conservatively in Quito than in other big cities, and California, in general. For example, legs are hardly ever exposed above the knee in Quito.

- 2 pairs of **shorts**
- 1 or more pairs of nice, dark **dress pants**
- 1 nice **dress**
- 1 **dress shirt with a collar**
- Jeans** or long cotton pants
- T-shirts**
- Long sleeve shirts**
- Underwear**
- Socks** (wool, tights, leggings)
- 1 pair of **walking shoes**
- 1 pair of **sandals**
- 1 pair **dress shoes** (flats or low heel and preferably black)
- Sweatshirts or sweaters** with hoods
- Rain jacket** (with hood, if possible)
- Scarf** and **hat**
- Light **bathrobe**, below the knee
- Bathing suit**

TOILETRIES

You will need items similar to those you would use in the States (e.g. soap, razors, nail clippers, deodorant, feminine hygiene products, comb and brush, shampoo, etc.). Most items are available in Ecuador but if you are attached to a particular brand

you should bring it with you. You should not pack razors or any other potential weapon-like accessories in your carry-on luggage.

MEDICINES

- ❑ **Antibiotics** Most medicines are available in Ecuador, but in consultation with your doctor, you may wish to bring your own selection of antibiotics, especially if you are prone to certain respiratory infections (Amoxil is a good choice).
- ❑ **Insect repellent** and an after-bite ointment such as hydrocortisone
- ❑ **Nasal decongestant**
- ❑ **Malaria prophylaxis**, depending on your travel plans.
- ❑ **Asthma medicine** (If required. If you have attacks of chronic asthma and use an inhaler, you should bring enough for the entire semester.)
- ❑ **Pain-reducing pills** Pain-reducing pills: Aspirin is available in Ecuador, but you may want to bring your favorite aspirin substitutes such as Tylenol or Advil (also available in Ecuador).
- ❑ Bring **prescription medicines** in their original containers and copies of your prescriptions. You may also wish to bring a physician's note explaining the need for the medication. We recommend bringing enough for the entire semester. Shipping may be unreliable. Some medications may not be available even with a local physician's prescription. Be aware that some medicines are controlled substances and may be illegal in some countries. Refer to the information on Traveling with Medication in this handbook.
- ❑ If you wear, contact lenses, bring **eye drops** and multiple pairs of **contact lenses**.

MISCELLANEOUS ITEMS

- ❑ **Small towel, large towel, washcloth, and scrub brush** (A past participant recommended a lightweight camping towel that takes up less space in your luggage and dries quickly.)
- ❑ **TSA approved locks for your baggage.**
- ❑ **Sunglasses**
- ❑ **Locks** for your baggage
- ❑ Two standard size **notebooks** with at least three dividers
- ❑ Favorite **pens**
- ❑ **Batteries**
- ❑ **Small tape recorder** (for interviews or recording music)
- ❑ **Pictures** of family and friends to share and give away.
- ❑ Small **folding umbrella**
- ❑ **Stationary** - including book for personal diary.
- ❑ **USB Flash drive**

GALÁPAGOS STUDY TRIP

The following items are on the tour company's suggested packing list. Many of these items are already listed elsewhere.

- Night: Cruise-Casual attire for dining; no shorts, swimwear, or tank tops.
- On Shore: shorts or fast-drying slacks, T-shirts, or long-sleeved cotton shirts.
- Walking shoes
- Flip flops or sandals
- Wind breaker
- Hat with brim
- Bathing suit
- Bandana to cover the back of your neck from the sun's rays
- Sunglasses (with holding strap)
- Extra set of glasses or contact lenses + lens solution
- Sun block (SPF30 or higher)
- Insect repellent (Mosquitoes are NOT malaria carrying)
- Grooming kit
- Personal medication
- Multi-purpose Zip-loc bags
- Camera gear, extra memory, and charger (or extra batteries)
- Lip balm (SPF30 or higher)
- Laptop or Tablet (intermittent and low-bandwidth WiFi available onboard)

BAGGAGE

- One **suitcase** for checking onto the plane (We recommend something with wheels, or a back-pack for easy transport)
- **Money belt** – for around the waist or neck
- **Backpack** for trekking and trips.
- On regulation size **carry-on bag**.



Check the Transportation Security Administration (TSA) website for current regulations about prohibited and permitted items for carry-on luggage and checked baggage.

<http://www.tsa.gov/traveler-information/prohibited-items>

LAPTOPS

The program strongly recommends you bring a laptop for writing your assignments that must be typed. There are numerous, inexpensive internet cafes in Quito where you can type assignments, if necessary, but these do cost and are not as convenient as having your own computer. Previous students recommend bringing a wireless internet card for possible free Internet use in certain areas of Quito. Ecuador's voltage is the same as in the US; it is recommended that you bring one or two three-pronged plug adapters for your computer or any other electronic with a grounding plug.

GIFTS

It is always nice to bring several small gifts from home for your Ecuadorian family members. Pictures of yourself, your own family, and your home are very much appreciated. Calendars, chocolate, mugs, candy, or t-shirts with slogans from home would also be nice.

TRAVELING WITH MEDICATION

If you have a health condition that requires medication, you will need to plan ahead for your semester abroad. Usually, it is necessary to take adequate supplies of medications and copies of prescriptions with you. Shipping may be unreliable, and some medications may not be available even with a local physician's prescription. **Although many over-the-counter medicines may be carried internationally, some cannot. Medications prescribed in the US may be unlicensed or controlled substances not only in your destination country but in countries along your route.** Some medications have restrictions on the amount that can be carried through customs. For details of US regulations, consult the following website: <https://www.cbp.gov/travel/us-citizens/know-before-you-go/prohibited-and-restricted-items>. You should also check with your doctor and the consulate of your host country about any restrictions or special procedures required for transporting prescriptions into the country. Be sure to find out before you go.

MONEY MATTERS

Ecuador's currency is the US Dollar. Pitzer will cover your room and board for the entire program. This means room, three meals a day with your Ecuadorian family, and meals on your overnight study trips. Visit the [Financial Matters](#) section of the website for additional information about billing and budgeting for a semester abroad.

Most students spend the same amount of money (or slightly less) in Ecuador as they would during a semester in the US. How much you spend will be determined by 1) whether you bring everything from home or buy items in Ecuador, 2) your plans for field trips and independent travel before and after the program, and 3) any gifts or souvenirs you wish to buy.

In any event, we strongly recommend that you have access to at least US \$1000.00 to cover personal and emergency expenses.

We recommend you use credit cards or ATM cards for most of your personal expenses and for acquiring cash. You should have at least \$800 in your ATM account. We suggest bringing some cash with you in case you cannot use your card. We suggest that you bring smaller bills like \$1, \$5, \$10, and \$20 since larger bills may be difficult to use.

ATMS

ATMs with the Cirrus and Star symbols are accepted in Quito. Your bank will usually charge you a small fee for withdrawing funds from an international ATM. Check with your bank on fees and whether it has a branch in Quito where you may be able to withdraw money without incurring fees.

CREDIT CARDS

Credit cards are also widely accepted in Ecuador and can be very handy in case of emergency. MasterCard and Visa are best. In some parts of the world, credit cards are usually chip and pin which is different than the chip and signature cards in the US. There are locations and businesses that may only accept chip and pin cards. If you do bring a credit card, be sure to leave your card number and its "Lost or Stolen" phone number at home. In the unlikely event that your credit card is lost or stolen, this

information will help when communicating with the credit card company. You should also notify your credit card company that you will be traveling and may make expenditures on your card in Ecuador and other countries along the way. Otherwise, when the first few foreign charges show up, your credit card company may put a freeze on your card.

HOW TO RECEIVE FUNDS FROM HOME

The best ways to transfer additional funds from home to Ecuador is to use an ATM card or draw a cash advance on your credit card. If you do not have an ATM or credit card, and you need to have money wired to you, you will need to obtain the latest details from the banks in Quito and forward that information to your parents (or another benefactor).

HEALTH AND SAFETY CONSIDERATIONS

The **Center for Disease Control and Prevention (CDC)** and the **World Health Organization (WHO)** provide up-to-date health information on their websites at <http://wwwnc.cdc.gov/travel/destinations/list.htm> and <http://www.who.int/ith>. We also encourage students to review the information in the [Health, Safety, and Emergency](#) section of the website.

ALTITUDE IN QUITO

Quito is the second-highest capital city in the world, with an elevation of almost 3000 meters (roughly 9800 feet). This elevation can cause some students to experience symptoms of altitude sickness, such as nausea, loss of breath, headaches, and fatigue. These effects are usually mild and are likely to last for a day or two. It is recommended that students keep hydrated and drink lots of water. Dehydration exacerbates altitude sickness.

If you have a heart condition, you should be aware that Quito's altitude might cause serious health risks. You should consult with your personal medical provider before undertaking high-altitude travel.

IMMUNIZATIONS

Ecuador does not currently require any certificate of immunization for entry into the country (with one exception –see Yellow Fever below) but we still strongly advise you to bring along an official record of all your immunizations from your doctor or health clinic. Once you have your immunization record in hand, you can determine, with your healthcare provider, which of the immunizations listed below you should get. All the immunizations recommended below afford partial or full protection against diseases that still occur in Ecuador. Without up-to-date immunization, any of these diseases could have serious, potentially life-threatening consequences. Please take these recommendations very seriously.

TYPHOID

This vaccination, in either the oral or the injectable form 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 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 those areas of the country where you will be going as part of the regular program (Quito, other highland areas, the Galápagos). You will only need to worry about malaria if you plan on traveling to a malaria area (the Amazon or lowland areas along the Pacific coast) on your own, during breaks, or before or after the program. If you plan to travel to a malaria area, preventing mosquito bites from dawn to dusk is just as important as taking the prophylaxis. Review the CDC Malaria Information at <http://www.cdc.gov/malaria/travelers/index.html>, view the CDC map at <https://wwwnc.cdc.gov/travel/yellowbook/2018/infectious-diseases-related-to-travel/yellow-fever-malaria-information-by-country/ecuador#5318> and speak with your doctor to choose the appropriate amount for your needs.

POLIO AND DIPHTHERIA-TETANUS

As a general precaution, we **highly recommend** that you update these and any other childhood immunizations for which you have not 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, which, like malaria, is transmitted to humans by mosquitoes. While Yellow Fever is endemic throughout parts of Ecuador, it is not present in Quito or other high-altitude areas in the Andes, and you do not need this vaccination for the program unless you plan to travel to the Amazon on your own. **However, if you have recently visited a country with Yellow Fever in the last several months (generally, certain areas of Central and South America and Africa see: <http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-3-infectious-diseases-related-to-travel/yellow-fever#1948>) you will need to show evidence of this immunization in order to enter into Ecuador. In this case, make sure to bring your yellow fever certificate with you to Ecuador.**

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 is **highly recommended**. 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 US. Pitzer continues to **highly recommend** a Meningococcal vaccine for students on a study abroad program. Good for one year. (See the CDC website at <http://www.cdc.gov/meningitis/index.html> for additional information.)

MOSQUITO-BORNE DISEASES AND PREVENTION OF MOSQUITO BITES

There is a risk of several mosquito-borne diseases in the lower elevations of Ecuador, especially along the coast and in the Amazon, including Malaria, Chikungunya, Dengue, Yellow Fever, and Zika. All Pitzer students are strongly encouraged to take the following precautions for preventing mosquito bites whenever they are in areas where mosquito-borne disease is possible.

The best way to reduce mosquitoes is to eliminate the places where the mosquito lays her eggs, like artificial containers that hold water in and around the home. Outdoors, clean water containers like pet and animal watering containers, flower planter dishes or cover water storage barrels. Look for standing water indoors such as in vases with fresh flowers and clean at least once a week.

Adult mosquitoes like to bite inside as well as around homes, during the day and at night when the lights are on. To protect yourself, use repellent on your skin while indoors or out. When possible, wear long sleeves and pants for additional protection. Also, make sure window and door screens are secure and without holes. If available, use air-conditioning.

If someone in your house is ill with one of the mosquito-borne diseases, take extra precautions to prevent mosquitoes from biting the patient and going on to bite others in the household. Sleep under a mosquito bed net, eliminate mosquitoes you find indoors, and wear repellent! List of repellent products approved by the EPA: <http://cfpub.epa.gov/oppref/insect/>

Preventing bites can be difficult, but it is important as you can get sick after just one bite. Follow these steps to reduce the chances that you will be bitten by mosquitoes during your trip.

- Cover exposed skin by wearing long-sleeved shirts and long pants.
- Use EPA-registered insect repellents containing DEET, picaridin, oil of lemon eucalyptus (OLE, also called para-menthane-diol [PMD]), or IR3535. Always use as directed.
 - Pregnant and breastfeeding women can use all EPA-registered insect repellents, including DEET, according to the product label.
 - Most repellents, including DEET, can be used on children older than 2 months. (OLE should not be used on children younger than 3 years.)
- Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself.
- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them from mosquito bites.

PREVENTING GASTROINTESTINAL ILLNESS

Basic health guidelines to be followed faithfully in areas of Ecuador or surrounding countries where the risk for water and food-borne disease significant or unknown. Program staff will keep you informed about when and where these guidelines are necessary.

Water

If there is any doubt about whether tap water is safe in a particular area:

- Drink only boiled or bottled water.
 - If boiled, make sure the water is poured into a clean container after boiling (not poured into a pitcher or glass that has been rinsed with tap water).
 - If bottled, make sure it is from a reputable company and comes in a properly sealed bottle.
- Besides your drinking water, avoid other sources of contaminated water including ice cubes, fruit drinks mixed with water, any other food products or drinks that are mixed with water.
- Avoid wet plates, cups, glasses, and utensils. Make sure your food and drink are served in clean and dry plates, cups, etc.
- Use boiled or bottled water for brushing teeth and try not to swallow water when you shower.
- When ordering a drink at a restaurant or bar, ask that the original bottle be brought to your table and opened in front of you. Then, you can pour it into a clean, dry glass, or (in the case of soft drinks or beers) drink straight from the bottle if necessary. This minimizes the chance that your drink might be poured into a glass that has just been rinsed in tap water. This also minimizes the chance that your drink can be tampered with drugs.
- Avoid mixed alcoholic drinks (often have juices, water, ice, raw herbs, or other unsafe items mixed in) in favor of beer, wine and soft drinks.
- Avoid fruit drinks unless you are sure they come in a bottle or container from a reputable company, or have been made with well cleaned fruit and have not had water or ice mixed in.

Unless you are 100% sure, assume all tap and well water to be contaminated. (CDC Recommendations)

Salads, Vegetables and Fruit

- Avoid salads, uncooked vegetables, and raw fruit, especially in restaurants.
- You can eat smooth-skinned raw vegetables and fruits if you wash them carefully with soap and water and dry them thoroughly and peel yourself. Items that are OK when cleaned and dried properly include thin-skinned fruits like guava, mango or papaya, and smooth vegetables like tomatoes, cucumbers, etc.
- Avoid lettuce; it is difficult to clean properly.
- Thick skinned fruits like bananas and oranges need not be cleaned, but if eaten without cleansing, care must be taken when peeling to not contaminate the inside fruit with fingers or knives that have encountered the outside skin. Even with thick-skinned fruits, washing with soap and water and then drying thoroughly is probably a good idea, especially with oranges.

Flies

- Avoid food that has been (or may have been) exposed to flies, especially in areas where you have doubts about hygiene and sanitation, or where there are lots of farm animals.

Hands

- Wash your hands thoroughly (usually for 15-20 seconds) with soap and water and dry completely, especially before eating and after going to the bathroom. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol) for 15 seconds, but soap and water is preferred.

Food

- Stick with freshly cooked food that is prepared when you order it and served hot.
- Avoid street food unless you are sure it is fresh, wholesome, and cooked properly as you wait.
- As mentioned above, avoid salads.
- Make sure milk products are pasteurized.
- Make sure meat, fish and sea food is fresh and well cooked.
- Peel hard boiled eggs yourself. Do not eat raw or soft-cooked (runny) eggs.
- Do not eat wild game

WHAT TO DO IF YOU GET SICK

If you get sick while in Ecuador, please contact the program staff as soon as possible. Emergency phone numbers for program staff are in the back of this handbook. Additional emergency numbers (host family, police, etc.) will be provided to students once in Quito.

PRECAUTIONARY MEASURES FOR STAYING HEALTHY

General health precautions for students in Ecuador will be covered thoroughly during the on-site orientation immediately after arrival in Quito. The important thing is to be in control of your own health. Here are the key points to remember for staying healthy:

1. Have a complete physical examination before you go. Be aware of and prevent possible problems. **Let the Office of Study Abroad and International Programs and your program sponsor know if you are on any medications, have any allergies, or any other medical conditions that could possibly require accommodation while you are abroad.** Plan to take adequate supplies of medications and copies of medical prescriptions with you. See the section *Traveling with Medication*.
2. Make sure that your childhood immunizations are complete and up to date. Booster shots for tetanus are required every ten years; it may be time for another.
3. Visit your dentist and have a check-up to ensure that your teeth are in good shape before you leave.
4. Eat well over the break, exercise and get plenty of sleep so that you are rested and fit as you depart, and your body can better fight off disease. Do not exhaust yourself with packing and preparations at the last minute. Plan so that you can make your departure as stress free as possible.
5. On the long flight, bring along a bottle of water and drink plenty of fluids as you travel. Avoid alcoholic beverages. They lead to dehydration. You do not want to arrive in Quito dehydrated, as dehydration exacerbates altitude sickness. Do isometric exercises in your seat and get up to walk up and down the aisle periodically to stretch your muscles. We also recommend that students wear a mask on the flight even through it is no longer required.

6. Follow all guidelines provided by your program about food and drink and personal hygiene. They are making these recommendations for a good reason.
7. Remember that AIDS/HIV infection rates in other regions of the world can be significantly higher than in the US. Practice safe sex, or better yet, abstinence.
8. Beware that use of recreational drugs is illegal in most places and is not permitted under Pitzer College policies. Additionally, the strength and content of drugs overseas are different than what you may find in the US and may be deadly.
9. **Follow and adhere to all COVID-19 protocols set by your host institution and host country.**

A NOTE ON COVID AND COVID PROTOCOLS

Pitzer College has attempted to set up a **vaccine-to-vaccine study abroad model** in all our sites, including Ecuador. This model calls for all students to be fully vaccinated (including getting a booster at least two weeks before departure), and for our key people at each site (program staff, faculty, language schoolteachers, guest speakers, homestays) to be vaccinated. The idea is that we will mitigate the risk of catching a breakthrough infection and/or spreading the virus by structuring our program as much as possible to have students interacting primarily in environments where most people are vaccinated. Of course, this is not going to be 100% possible in Ecuador, just as it isn't possible in our surrounding communities here in Claremont and SoCal, or anywhere in the US for that matter, but we believe we can organize the program in Ecuador to minimize student exposure to unvaccinated people and, of course, have strong protocols in place for social distancing, mask-wearing, hand washing, etc.

Vaccinations:

A large percentage of the population in Ecuador is fully vaccinated.

Moreover:

- All the host families in Quito are right now fully vaccinated.
- Program staff, guest speakers, and teachers of Academia Latinoamericana are fully vaccinated.
- Most of the teachers at USFQ are vaccinated. Those that have not received the vaccine, for different reasons, must take PCR test every 15 days.
- Program staff will select community service placements with Covid 19 safety in mind.

Testing:

There are many places in Quito where students can get the PCR tests and rapid antigen tests. The program will facilitate testing for students as needed.

Quarantine:

During the program, if a student tests positive, the student will quarantine at their host family's home, with all the protocols. All the host families have internet so a student in quarantine will be able to keep up with their classwork. If a host family member tests positive, we will follow guidelines for quarantine and testing to assure the student is not positive or capable of spreading the virus outside the host family.

WHAT YOU CAN DO TO KEEP SAFE - GENERAL GUIDELINES

You can have a major impact on your own health and safety through the decisions you make before and during your semester abroad. The most important assurance of your safety is the consistent application of informed judgment in your day-to-day choices and behaviors. Program staff will provide excellent guidance and accurate information.

SAFETY GUIDELINES FOR ECUADOR

- Reduce risk of robbery or assault by integrating into the local culture as much as possible: spend significant time with your host family; dress, behave and interact in ways that respect local cultural values.
- Do not carry valuables (passport, credit cards, laptops, large sums of money, etc.) with you when you walk around town. If you must carry valuables around with you for certain purposes, be discreet, travel with a group of friends, wear a money belt, take an Uber etc.
- When you exchange at an ATM, use discretion. Do not, for instance, exchange money and walk away into a mall or street. That will make you a likely target. Try to go with friends and leave together.
- Do not travel alone, especially after dark, in isolated areas of the city, or when leaving clubs or bars.
- Do not hitchhike.
- Bicycle riding in Quito is not permitted.
- If it is getting late at night, and the streets are becoming empty take an Uber home, even if you are with friends. Pitzer will reimburse you for the costs.
- If you are involved in a robbery, do not risk injury by trying to resist or fight off the perpetrator.
- Always carry a list of emergency phone numbers with you so that you can contact program staff at the office or at home in case of an emergency.
- Avoid areas of the country or your host community not considered safe. Your host family will provide valuable advice in this regard. Program staff will also provide guidelines on this.
- Avoid large crowds, demonstrations, or political rallies. These gatherings can easily turn violent.
- If you do go to a club or bar, do so with a group of fellow students or friends from the host community. Keep an eye on each other. Never, ever accept a ride home with a stranger or someone you just met that evening, and never allow one of your friends to leave with a stranger.
- When ordering drinks, ask for the bottle to be brought to your table. Do not leave drinks unattended. These simple steps will minimize the chance that your drink can be tampered with drugs.
- Refrain from impairing your judgment, and risking assault, robbery, or arrest, with the use of alcohol or illegal drugs.
- Stay in regular contact with program staff when you travel. You must receive permission from the program director for independent (overnight) travel away from your host family. When traveling on an overnight trip or even outside the local area on a long day trip, provide your itinerary and contact information for your destination. Let your host families know of any plans for overnight travel and make a courtesy phone call to your host family once you safely arrive at your destination.

- If you go to the beach, be aware of dangerous currents and riptides. Follow water safety guidelines – refrain from going into heavy surf unless you are an extremely experienced ocean swimmer or surfer. Always enter the water with a buddy and only swim or surf on beaches that have a lifeguard on duty.
- Enroll in the Smart Traveler Enrollment Program (STEP) at <https://step.state.gov/step/>. Use the program address:
Av. República del Salvador N34- 140. Edificio Diamond Business Center, Noveno Piso
- **The program director will provide additional safety guidelines for you during the on-site orientation. Understand and faithfully follow the program guidelines for health and safety, including guidelines for extreme sports and prohibited activities.**

INSURANCE

HEALTH INSURANCE

Each student is responsible for obtaining a policy that will provide comprehensive health coverage and emergency medical and accident coverage both in the US and abroad for the duration of their program. Students may need to return to the US unexpectedly.

Regardless of what type of insurance you have, you will usually have to pay cash upfront at clinics and hospitals abroad, collect the receipts for all expenses and submit them to your insurance company for reimbursement.

The insurance policy available to you through your school may provide adequate coverage abroad, but it is your responsibility to call the company to discuss the specifics of your study abroad program to ensure that you will indeed be covered.

TRAVEL INSURANCE PROVIDED BY PITZER COLLEGE

Pitzer students and visiting students on Pitzer programs are covered by supplemental travel insurance available through a plan with Zurich. This plan is offered by the Claremont Colleges and coverage is automatic. Students do not need to enroll themselves. This travel insurance is for accident and emergency care overseas and should not be confused with SHIP (Student Health Insurance Program). While this insurance will cover a variety of medical emergencies abroad, it does not cover routine or ongoing medical care/treatment a student may need during their program. For this reason, we strongly advise students to maintain their comprehensive medical insurance in the event they would need to return to the US (or other home country) or need ongoing care/treatment while abroad.

A copy of the insurance letter, plan brochure, ID document and medical claim reimbursement form will be uploaded to your study abroad application portal. Please familiarize yourself with the benefits outlined in the brochure.

EMERGENCY CONTACT INFORMATION

Emergency contact information for both Ecuador program staff as well as support staff in Claremont are on the last page of this handbook. Add these numbers to your phone contact list. Students should also review the information in the [Health, Safety, and Emergency](#) section of the website.

IN CASE OF AN EMERGENCY AT YOUR PROGRAM SITE

Contact the program staff as soon as possible. You will be given a list of emergency contact numbers during your on-site orientation. If you do not receive this information, ask for it. There is also emergency contact information that students will be sent by email and uploaded to their study abroad application portal. While you are certainly free to contact your parents and families in any emergency, and indeed you should, please **inform the program staff first** since they can address your concerns

immediately. Calling home only delays the process of intervention and may put undue stress on families who feel as though they are unable to help their sons or daughters abroad.

Pitzer provides supplemental travel insurance, which includes insurance to cover emergency evacuations. In the event of a political crisis or a natural disaster that would necessitate evacuation, the program staff will work closely with the US Embassy and other embassies (if you are not a US citizen) to facilitate your return home.

Provide your contact information abroad to your family and friends. Your family should also be advised to contact the Pitzer College staff members listed in the information our office will provide you before you leave for Ecuador.

True emergencies are quite rare. While losing luggage, tickets or even a passport is inconvenient and upsetting, it is not an emergency. Emergencies are situations in which there is an immediate threat to a student's health or safety.

IN CASE OF AN EMERGENCY AT HOME - FAMILY AND FRIENDS

In case of emergency, parents or friends should contact the Office of Study Abroad and International Programs at the number(s) listed below. The Study Abroad staff in Claremont can usually contact students and staff quickly, even when they are away from the program base on study trips. If they call the office number and we are closed, they will be directed to Campus Safety, which has additional contact information on file. Please have them continue down the list until they can speak directly with a member of our staff.

CONTACT INFORMATION IN CLAREMONT

Pitzer College

Phone 909.621.8104

Office of Study Abroad & International Programs

Email studyabroad@pitzer.edu

Mailing address

West Hall, Suite Q100

1050 North Mills Avenue

Claremont, CA 91711

Office hours

Monday through Friday

8 a.m. to noon and 1 p.m. to 5 p.m.

Hours will vary during holiday periods

Campus Safety for after-hours emergencies

909.621.8170

Primary Staff Members to Contact in Claremont:

Regina Range, Director of Pitzer Programs

Regina.Range@pitzer.edu

COMMUNICATIONS

WAYS TO MAKE CONTACT WHILE ABROAD

WhatsApp is commonly used in-country as well as to reach family and friends at home. We recommend that you download the app if you don't already have this on your phone. Students may also communicate in other ways – Email, Skype, FaceTime or calling.

MOBILE PHONES

You may bring your own mobile phone and purchase a local SIM card once in the country. If you do this, you must have your phone unlocked in the US or your home country. If your own phone does not work once in Ecuador (sometimes the case), the program will provide you with a mobile phone. The program's cell phones allow students to send and receive text messages and to make and receive calls. If you want to have internet access to use instant messaging, you will have to use your own phone in which case you may want to increase your data plan. Whether you use a program mobile phone or your own, you will be responsible for keeping a working cell phone (charged, paid up, and ready to use in an emergency) on your person throughout the program.

Pitzer expects all students to use mobile phones in ways that are appropriate and responsible. In particular, mobile phones should be turned off (including texting) during classes, program discussion sessions, and study trips when interacting with program staff, faculty, or guest speakers. In addition, students need to learn and practice appropriate mobile phone use in their homestays. For some families it may be considered rude, for instance, to make or receive calls or text messages during a family meal or while engaged in conversation after dinner.

MAILING TO ECUADOR

Please email studyabroad@pitzer.edu if you wish to mail anything to Quito. We will provide you with an appropriate address and contact number.