

# Ecuador Teaching and Sports Coaching

*Combine teaching English and other subjects of your choice with coaching your favourite sports and bring fun and structure into the life skills development of Ecuador's youth*

Ecuador is a pocket-sized slice of beautiful South America. Despite its diminutive size, it is bursting with vibrant culture, mesmerising landscapes, exotic tropical wildlife and pristine habitats. Ecuador includes the all-consuming emerald rainforests of the Amazon and is rich in rare and endangered species.

Ecuador has a picture-perfect capital painted in pastel colours, alive with cafés, clubs, bars, churches and museums. Markets where friendly locals sell their wares are surrounded by the hustle and bustle of traditional street life. In contrast, the peaceful and serene Andes provide a home for indigenous mountain communities and enigmatic mountain creatures alike. This captivating country contains a culture that is expressed in an abundance of wholesome and delicious cuisine, diverse musical forms and colourful festivals that will enliven your senses.

Whilst it is South America's tiniest country, it has everything you could possibly want, including stretches of white sand beaches, expansive plains, steamy jungles and spectacular mountains. All this and more is waiting to be discovered on your spectacular Ecuadorian adventure!

## PROJECT HIGHLIGHTS

- Discover a pocket-sized slice of beautiful South America
- Teach English to lively and friendly children
- Design and implement a structured sports and athletics programme

## PROJECT REQUIREMENTS

- Minimum age of 18 years
- Moderate Spanish required
- This is a very popular placement and you should check availability upon application.

## FAST FACTS

<b>Duration</b>	Minimum of 4 weeks, up to a total of 6 months
<b>Costs</b>	£995 for 4 weeks, £199 per extra week
<b>Location</b>	Quito, Ecuador
<b>Activities</b>	Teaching English, maths, art or hygiene & nutrition Assist in creating educational materials Grading homework Teaching vocabulary Introducing games & activities Design and implement sports and athletics training programmes
<b>Transport</b>	Airport pick-up

## **WHAT WILL I BE DOING?**

Your project will take place in one of three public fiscal schools and your pupils will range in age depending on your location. You may be involved in long-term projects such as teaching English, maths, art or hygiene and nutrition, or other subjects in which you have experience. The projects will depend on your Spanish ability and you may also be able to assist in creating educational materials, grading homework, teaching vocabulary and introducing games and activities.

Most of the schools in the area, including where the project operates, do not have any kind of structured sports or fitness schedules. The life skills and lessons that can be learnt from sports, such as teamwork and leadership, are just as important as the health benefits of an active lifestyle, and you will have the opportunity to work on developing this structure and the incorporation of sports and fitness into the lives of the youngsters. While the sport with the greatest following is without a doubt football, you will be encouraged to use your own background and skills, and experiences and interests, to develop any kind of sports programme that you see fit and that will benefit its participants, including even general fitness and athletics.

The official school holidays in Quito are from the end of June until the end of August. If you would like to continue volunteering through the summer there are a few different options. If you would like to stay in Quito, you can volunteer at one of two nurseries for very poor or at-risk children or you can help out at a school for children with disabilities. Some of the children there are orphans, and you would be bringing some much needed support into their lives. Alternatively, if you would rather continue teaching, you can opt for a few weeks at a rural community school on the Ecuadorian coast.

## **WHAT HAPPENS WHEN I ARRIVE?**

This project is located thirty minutes outside the capital of Ecuador, Quito, in the north of the country. You will be met at Quito Airport by a friendly in-country representative. You will be given an orientation, and introduced to your host family and the local project area. Following your project introduction you will make the journey from your accommodation to your project every day. You will be responsible for your daily transport costs, but using public transport these should be fairly minimal.

## **WHERE WILL I BE STAYING?**

You'll stay with a host family in the local community on a full board basis, enabling you to completely immerse yourself in the culture and language of Ecuador as you will be living just like a local! You will be provided with a clean room and all bed linen, and you may find there are other volunteers staying at the same time. You may well have hot water showers available, but you should also be prepared for it to run out! The families are warm and welcoming and will make you feel at home in no time!

## WHAT WILL I BE EATING?

You will be provided with three delicious and authentic Ecuadorian style meals a day. You will enjoy a simple breakfast of bread, butter, jam, milk, water or juice, fresh fruit and eggs. Lunch is often a delicious and nutritious soup, or pastries with meat, vegetable salad and juice. Dinner is likely to be a simple but delicious meal of rice, potatoes and meat, often served with *aji*, a spicy sauce. Local specialities often found in cafes and restaurants include lemon marinated shrimp, *ceviche*, which can be made with fish, shellfish or shrimp, and marinated beef steak. Vegetarians are welcome and there is a surprisingly extensive range of dishes on offer for non meat-eaters, although this is mainly in the larger towns.

## COSTS

4 weeks	US\$ 1,695
Extra week	US\$ 345

## DEPARTURE DATES

This project runs throughout the year with the exception of Christmas, New Year and national holidays; please check when applying.

Volunteers should aim to arrive in order to start work on the Monday.

### School terms 2016-2017

**Term one:** 5th September 2016 - 3rd February 2017

**Term two:** 13th February- 1st July 2017

### This project is not available on the following dates in 2017:

January 1st - New Year

February 28th and 29th - Carnaval

April 13th and 14th - Eastern. Viernes Santo

May 1st - Día del Trabajo

May 24th - Batalla de Pichincha

October 9th - Independencia de Guayaquil

November 2nd and 3rd - Dia de los Difuntos e Independencia de Cuenca

December 6th - Fiestas de Quito

December 24th and 25th - Christmas

## DURATION

Minimum of 4 weeks, up to a total of 6 months

## WHAT'S INCLUDED

### Before you go

- Pre-departure support
- Travel & medical advice & documentation
- Equipment advice
- Discounted medical kit
- Free Frontier t-shirt

### In-country

- Accommodation
- Food
- Airport pick-up
- Ground transfer to project site & in-transit accommodation
- Local orientation
- Project training
- In-country emergency support
- 24-hour international HQ backup

## AIRPORT INFORMATION

Nearest airport(s): Quito (UIO)

## CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on [info@frontier.ac.uk](mailto:info@frontier.ac.uk)

Check out our social media here:

*Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.*