

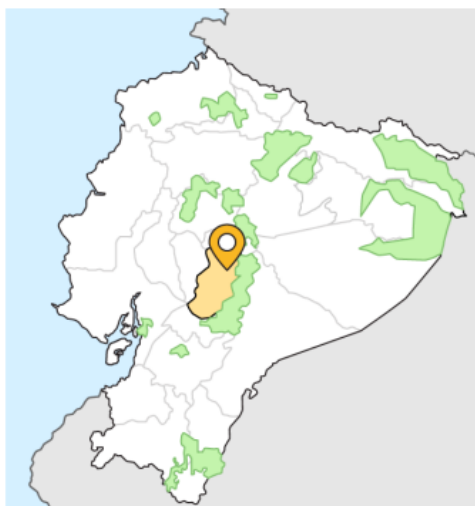
RIOBAMBA, ECUADOR SERVICE LEARNING TRIP

— INFO + ITINERARY —





RIOBAMBA, ECUADOR



Chimborazo, a volcano overlooking the city, is technically closer to space than Mt. Everest because of a bulge in the earth near the equator. Ecuador adopted the U.S. dollar as its official currency in 2000, so don't worry about having to think about conversions! Many of the ~ 250,000 indigenous people living in the province speak a native language called Kichwa.

This destination is recommended for:

Those interested in volunteering who wish to get away from it all in the Ecuadorian highlands. This city is encircled on all sides by stunningly gorgeous

mountains covered in lush vegetation. Riobamba is one of Ecuador's poorest regions, and Riobamba city is bordered by numerous smaller indigenous settlements whose daily living realities include hunger, a lack of health care, and a lack of sanitary facilities. Volunteers on a MEDLIFE trip to Riobamba will learn about rural living for indigenous families in Ecuador and how they got to where they are now.

Details of Destination

Promo video	Riobamba, Ecuador SLT destination promo video click here
Student Handbook	Riobamba destination student handbook (Mobile Clinic station details, phrases in local language and local emergency contacts)
Country capital city	Quito, Ecuador
Country Population	17.5 million
Languages	Spanish, Quichua
Currency	American Dollar
Weather	Weather: Winter: Rain Season Summer: Dry Season Humidity: Low

	Precipitation: Rains frequently
Location	Capital of the Chimborazo province
Population	459,000 (in the Chimborazo province)
Time from the hotel to the communities	1 hour up to 2 hours
Community Development Project	Bathrooms School Renovations Home Constructions Staircases
Extra Activities (Not Included)	-City tour -Restaurants and cafes -The hotel in Riobamba is home to 3 restaurants, a game room with foosball, billiards and ping pong tables, and a large swimming pool for you to enjoy. (location depending on the size of group)
Travel Opportunities	Baños Quito Mindo Cloud Forest Galapagos Islands

ISSUES COMMUNITIES FACE

Riobamba, a small city in the Andes mountains of Ecuador, is where it all started. This is the original MEDLIFE home, where Dr. Ellis first was inspired to start the Movement. Though the area is rich in natural beauty, it is one of the poorest provinces in Ecuador and it lacks many basic services. The city of Riobamba is surrounded by many smaller Indigenous villages where realities of everyday life can include malnutrition, lack of healthcare, and no sanitation infrastructure. These challenges can be attributed to a variety of factors, but as the agricultural goods upon which the economy relies continue to decline in value, residents fall deeper into poverty. The arrival of COVID-19 further exacerbated their difficult financial situation, leaving many families with no way to keep food on the table. To make matters worse, recent volcanic eruptions resulted in severe damage to the crops that communities depended on.

TRIP LOGISTICS

PASSPORT AND VISA REQUIREMENTS

For most SLT volunteers the only requirement to enter countries where we have Mobile Clinics is a current passport that will be valid at least six months after your trip. Requirements could change frequently and are communicated to volunteers during the registration process.

If you're not a U.S. or Canadian citizen, you may need a visa to enter certain countries. It is your responsibility to determine if you need a visa and make appropriate arrangements.

FLIGHT INFORMATION

Volunteers are responsible for buying their own airfare. However, our team can help you in this process by providing a flight quote for your group. You can request a flight quote by emailing info@medlifemovement.org. Once your flight is booked, please make sure to add your arrival and departure information to your booking.

AIRPORT: Mariscal Sucre International Airport

Recommended time frames for arrivals and departures is as follows:

Quito, Ecuador

Arrival: Saturday from 5:00 pm to 11:00 pm.

Departure: Saturday from 10:00 pm to Sunday 12:00 pm.

If students arrive outside of the set time frames, they will be responsible for covering the cost of transportation to their site. If your flight arrives outside the timeframes listed please email info@medlifemovement.org. Remember that any additional nights and transfers that are added before/after your trip because of early or late arrival are not included in the Service Learning Trip donation goal, and will be at the cost of the volunteer.

We highly recommend purchasing trip cancellation insurance, which will allow you to cancel for any reason. You can contact info@medlifemovement.org for more information about our insurance options.

ACCOMMODATION

Hotel Ricks

Address: Jerónimo Carrión E7-26, Quito
170143, Ecuador
Phone: +593 2-222-2522

RIOBAMBA, ECUADOR

HOSTERÍA BAMBÚ

Location: Pedro Vicente Maldonado y Saint
Amand Montrond
Phone: +5939891906

HOSTEL VIAJEROS QUITO

Address: Rocafuerte OE3 – 97 y, Quito
170130, Ecuador
Phone: +593 99 428 2375

HEALTH

TRAVEL HEALTH INSURANCE

Emergency medical insurance is included in the cost of your trip but trip cancellation insurance is not included.

VACCINATION

MEDLIFE follows the Centers for Disease Control and Prevention's recommendations and requirements. Immunization recommendations for all of our trip locations may be found on this page: www.cdc.gov/travel/destinations/list. We recommend consulting the CDC page and/or visiting a local travel clinic for more information.

Visit your doctor: MEDLIFE does not require any vaccinations however, you should follow all CDC requirements and any advice from your medical professional.

HEALTH PROTOCOLS

- **Face Masks:** Volunteers must wear surgical face masks during the Mobile Clinic and comply with all local face mask requirements.
- **Wash and Sanitize Your Hands:** Hand-washing stations and hand sanitizer will be available on clinic days. Don't forget to always wash your hands before eating and at the end of every clinic day to prevent stomach issues.
- **Illness During Trip:** If you are demonstrating symptoms of any illness or feeling unwell, please advise your Trip Leader immediately to get medical care.

OTHER

MONEY

We recommend that you have access to at least \$150 to \$200 during your Service Learning Trip week to cover two days of meals, tourism activities, and any additional food, drinks, or souvenirs you wish to purchase.

Volunteers can easily exchange money in the locations they will visit. They can access their bank accounts via ATM or debit card and can also easily change cash with money-exchange officials on the streets or in nearby exchange houses.

WHAT TO PACK

You should plan to look professional but dress comfortably. Jeans, shorts, polos, athletic wear, and t-shirts are all acceptable. In all locations, a MEDLIFE t-shirt will be provided, but you are not required to use it. Many students like to have two outfits per day, as clinic and project sites can often be dusty, muddy, or rainy. Check suggested items and checklist for your destination here: [SLT Packing Lists](#)

DONATIONS

Many volunteers organize themselves to bring essential supplies such as medical equipment, educational materials, and hygiene items to the communities they serve. These donated products enhance the effectiveness of healthcare and education initiatives, fostering a direct and immediate positive impact on the lives of those in need. This is not mandatory but if you wish to bring medical or any other kind of donations you can find a recommended list here: [Ecuador Recommended donation list](#)

EMERGENCY PREPAREDNESS

In the unlikely event you have a travel or health emergency and there are no MEDLIFE staff to assist you, you can contact us via the following numbers.

When in-destination or in transit to destination	ECUADOR EMERGENCY PHONE	+593 995 656 237 (whatsapp, call, or SMS)
When calling from within North America	MEDLIFE HQ PHONE	1-844-633-5433

Emergency or Medical Assistance Procedure

Before Your Trip: Contact your local emergency authorities

For non-urgent matters, contact your Chapter, MEDLIFE HQ Phone, or email info@medlifemovement.org

FREQUENTLY ASKED QUESTIONS

If you still have doubts and/or question about trip details we suggest you consult our FAQ section of the MEDLIFE movement website to search for the answer. the link is here: <https://www.medlifemovement.org/service-learning-trips/faqs/>

Day by Day Itinerary

Arrival → Departure

Day 1	Arrival to Quito & Transfer to Riobamba	Day 7	Last Day of Clinics & Project
Day 2	Walking Tour & Orientation	Day 8	Optional Baños Trip
Day 3	Reality Tour	Day 9	Departure
Day 4-6	Mobile Clinics & Project		

Detailed Itinerary

DAY

Saturday

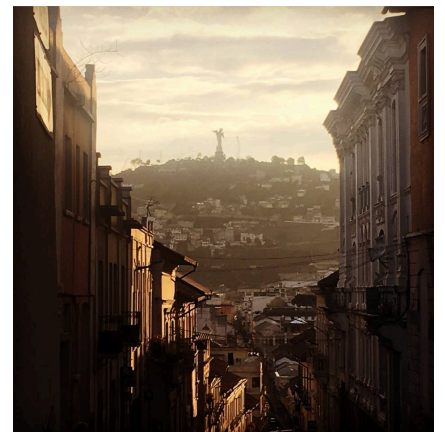
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Arrival to Quito

Arrive into Mariscal Sucre International Airport (UIO) between 5pm and 11pm. A MEDLIFE representative will be waiting for you in the International Arrivals area with MEDLIFE sign. Once all volunteers have arrived, you will be shown to the bus that will transfer you to the hostel in Quito.



Overnight
Quito MEDLIFE Hostel



DAY

Sunday

2

Transfer to Riobamba

After breakfast in the hostel, we'll board the bus for Riobamba. You can relax and enjoy the views of impressive mountain landscapes and quaint rural villages along the 4-hour journey. After arriving, we'll have lunch and some free time to explore Riobamba's

main square.

The evening will be dedicated to an orientation meeting where we will cover what to expect for the week and review safety precautions.

Meals are not provided today.



Overnight
Riobamba MEDLIFE Hostel



DAY

3

Thursday

Reality Tour

Today enjoy a full-day Reality Tour to gain a better understanding of the geographical, political, and social realities of the region. Your first stop is at the Iglesia de Balbanera, the oldest church in Ecuador, where you will hear about Spanish colonization and the influence of Catholicism in Andean Ecuador. Here you can purchase local artisan goods from local vendors before leaving for the the Hacienda Totorillas.

Hacienda Totorillas was constructed in the 19th century and is typical of haciendas that were built in central Ecuador. Here, students will tour the hacienda and learn about agrarian reform from the MEDLIFE staff who have experienced it firsthand.

After touring the Hacienda Totorillas, visit a local hospital in the community of Cebadas and learn about the local health care system in Ecuador and some of the barriers to health care that the people of the surrounding communities face. Walk a short distance within the community to the locally-owned Cebadeñita cheese factory to learn about local entrepreneurship within the community.

On the way back to Riobamba, view the home from afar built for a young patient in need of follow-up care, showcasing the importance of community support in transforming lives.





Overnight
Riobamba MEDLIFE Hostel

DAY

4-6

Monday to Wednesday

Mobile Clinics & Development Project

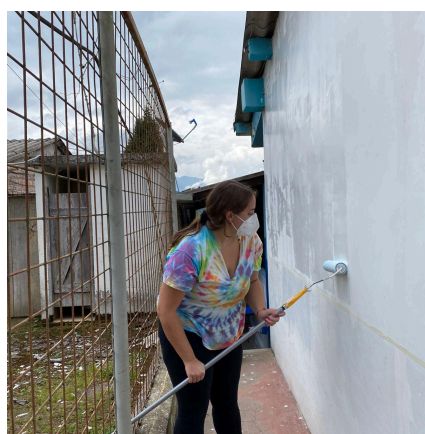
Mobile Clinics are held at a different community each day of the week. The communities we work with are between 30 minutes and 2 hours away from the hostel, depending on traffic.

Upon arriving in the community, volunteers will unpack all medical supplies from the bus and meet the health professionals who they will be assisting that day. After unloading all Mobile Clinic supplies, volunteers will report to the Mobile Clinic station that they have been assigned to that morning. A brief training session will be provided by the health professionals at each station, and the clinic will begin accepting patients between 8-9am.

Patients will first visit the Triage Station, where volunteers will assist in taking each patient's vital signs. From there, patients will listen to educational talks provided by MEDLIFE nurses in the Education Station, while volunteers hand out educational pamphlets. Patients will then move to either the General Medicine, or OBGYN Stations to receive a medical consultation. Within all medical consultation stations, volunteers will have the opportunity to shadow the physician and learn how the physician works with the patient to evaluate what the patient has presented with, provide a diagnosis, and devise a treatment plan. Finally, patients will be directed to the Pharmacy Station where volunteers will assist nurses to fill the prescriptions that patients have been given during their medical consultations.

Volunteers will stay at their assigned station until they are relieved for lunch by their Trip Leader at around 11:30am. Enjoy lunch on the bus and then report to your second station assignment for the afternoon. Finally, Mobile Clinics will close anywhere from 1-3pm, depending on the amount of patients that day.

During the week, you may have the opportunity to



assist in the construction of a community Development Project such as wells, school renovations, or bathroom complexes. Development Projects will vary, depending on community needs.

In the evenings, volunteers will meet in the hotel conference room at 5pm for interactive Post-Clinic Activities before dinner. On days when no activities are scheduled, volunteers are free to explore the city.



Overnight
Riobamba MEDLIFE Hostel

DAY

7

Friday

Last Day of Clinics & Projects

After working on either the development project or a mobile clinic, for the first half of the day, all volunteers will then head to the development project site for an inauguration celebration with the community.



Overnight
Riobamba MEDLIFE Hostel



DAY

8

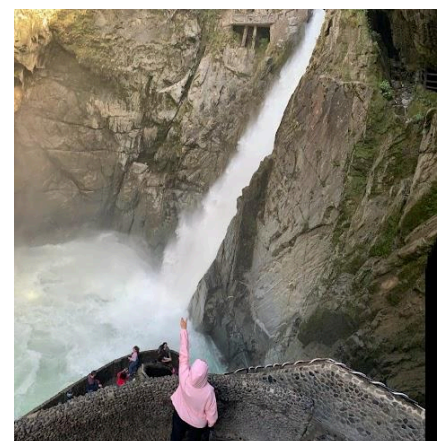
Saturday

Optional Tourism Activities

Make the most of your trip by participating in an optional tourism activity or extension. In Riobamba, most volunteers choose a Day Trip to Baños, a paradise home to sweeping views, extreme sports, plenty of local tradition.

[Click here to see the full list of extension options.](#)

Depart Quito anytime from 10pm Saturday to 12pm on Sunday.



INCLUDED

- ✓ 7 nights dorm room accommodation
- ✓ Breakfast, lunch, and dinner from Monday to Friday
- ✓ Transportation to and from the airport (within the established schedule), and to SLT activities
- ✓ English-speaking Trip Leader
- ✓ Safety equipment (including face masks)

NOT INCLUDED

- ✓ Flights
- ✓ Tips
- ✓ Pre or post-trip accommodation
- ✓ Optional excursions
- ✓ Weekend meals