

OUTLOOK



Ready. For Life.

EXPEDITION GUIDE

Ecuador & Galápagos



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Why Go On Expedition?

Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.

Take the leap and step outside your comfort zone to achieve more than you ever imagined:

- ✕ Accelerate your learning and life skills development
- ✕ Gain a deep understanding of other cultures and global issues
- ✕ Uncover your strengths and discover new passions
- ✕ Challenge yourself to meet new like-minded adventurers or sign up with a friend
- ✕ Build character, resilience and the confidence to face life's challenges
- ✕ Boost your CV for university and job applications

The 4 Cornerstones of an Outlook Expedition

No matter where in the world you go on expedition, there will be a rich mix of experiences from which to choose.

And ALL of our expeditions will include elements from each of the '4 Cornerstones of an Outlook Expedition'.

We work with your school and expedition team members to understand needs and wants, and then we co-create an expedition itinerary.

Components of your expedition, will be dependant upon destination and duration.

EXAMPLE COMPONENTS



COMMUNITY ENGAGEMENT

Meet indigenous communities and stay in village homestays
Take part in service-learning and community projects
Support conservation and wildlife protection efforts



PHYSICAL CHALLENGE

Trekking to altitude
Jungle treks
PADI dive qualification
White-water rafting and more...



LEADERSHIP

In-country leadership roles
Self-leading: budget management, booking transport, accommodation, activities and more
Leader-In-Me online course

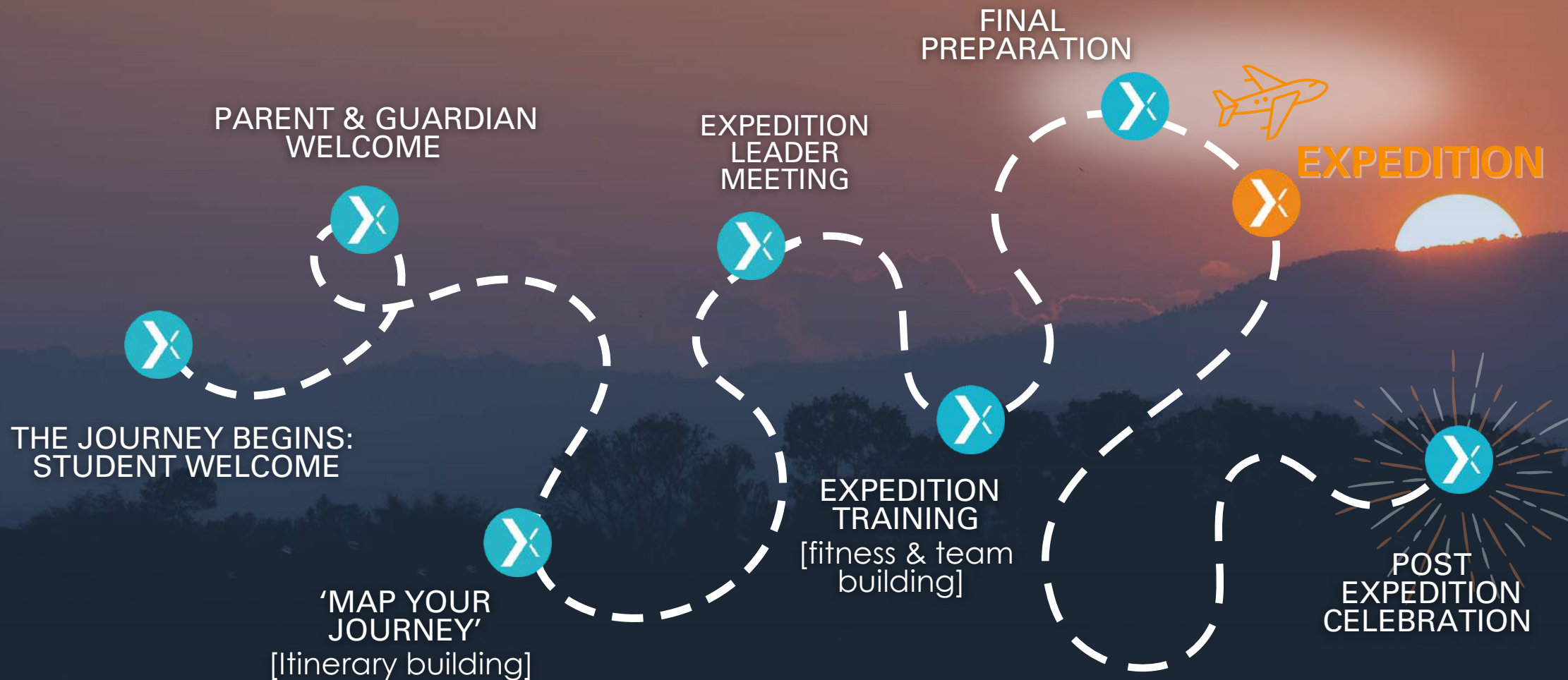


ACTIVITIES / R&R

Sightseeing
Jungle camp
Kayaking
Cycling
Beach day and more...

The Outlook Programme

An Outlook expedition doesn't just start when the plane takes off. It starts the moment a team goes live!



Starting up to 24 months prior to travel

WEBINARS - LEADER IN ME - NEWSLETTERS - SOCIAL MEDIA UPDATES - EMAIL NOTIFICATIONS

NOTE: PROGRAMME EVENTS MAY BE COMBINED BASED ON THE NEEDS OF THE EXPEDITION & THE SCHOOL

Welcome to Ecuador

Immerse yourself into the colourful culture of Quito and trek through volcanic landscapes and the skyscraping peaks of the Andes.

Set off to explore the jungle where you will learn about life in an Amazonian community and experience a true adventure rafting down the exciting Río Napo.

Along the way, multi-day trekking to the dramatic Laguna Quilotoa, time spent supporting wildlife conservation projects, and visits to vibrant indigenous markets offer a powerful mix of challenge, cultural connection and purpose. From high-altitude mountains to dense rainforest, Ecuador delivers an unforgettable journey of exploration, impact and adventure, making it one of the world's most exciting and unique destinations for groups!



WHY ECUADOR & GALAPAGOS?

- Explore the historic streets and culture of Quito
- Stand on the Equator at Mitad del Mundo
- Trek volcanic landscapes and high altitude Andean trails
- Take part in rainforest animal conservation projects
- Experience the Amazon with expert local guides
- White water raft on the Upper Rio Napo
- Discover the vibrant markets and heritage of Otavalo
- Follow in the footsteps of Charles Darwin in the Galapagos Islands
- Encounter extraordinary wildlife found nowhere else on earth

Where biodiversity, culture and adventure collide

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership

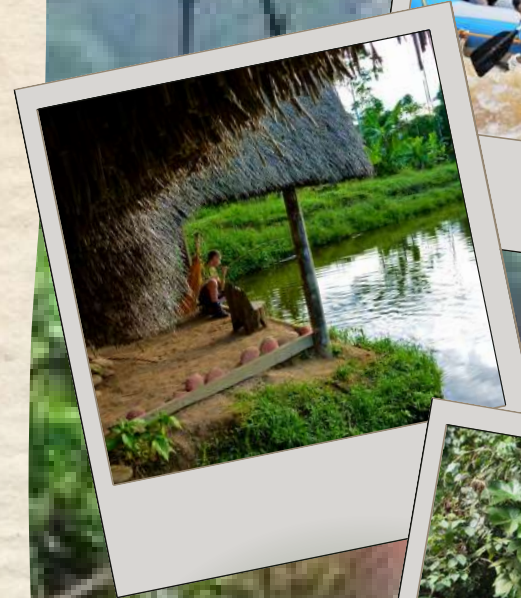


SAMPLE ITINERARY: 28 DAYS

SEASON: SPRING, SUMMER & AUTUMN ONLY

[other itinerary options are available for this expedition,
in addition to itineraries for expeditions of varying durations]

- Day 1: Depart the UK
- Day 2: Arrive in Quito, Ecuador
- Day 3: Orientation and exploration of Quito Old Town
- Day 4: Visit Mitad del Mundo at the Equator
- Day 5: Explore Rucu Pichincha and high altitude mountain views
- Day 6: Travel to rainforest service learning project
- Day 7 & 8: Begin animal conservation service learning
- Day 9 & 10: Community engagement and environmental workshops
- Day 11 & 12: Amazon jungle experience with local guides
- Day 13: White-water rafting on the Upper Rio Napo
- Day 14 to 15: Cultural immersion and markets in Otavalo
- Day 16: Explore Otavalo surrounding villages and Andean traditions
- Day 17: Trek around Laguna Cuicocha
- Day 18: Return to Quito
- Day 19: Travel to the Galapagos Islands
- Day 20: Galapagos wildlife exploration
- Day 21: Island hopping and marine encounters
- Day 22: Snorkelling and coastal discovery
- Day 23: Continue Galapagos exploration
- Day 24: Final day in the Galapagos and return to mainland Ecuador
- Day 25: Return to Quito
- Day 26: Final cultural experiences and celebratory meal
- Day 27: Depart Ecuador
- Day 28: Arrive back in the UK





Your Expedition Starts



Day 1-2

Depart the UK and arrive in Quito

Travel from the UK to Ecuador, arriving in the capital city of Quito. Meet your expedition team and transfer to your accommodation. Take time to rest, settle in and begin adjusting to the altitude and pace of life in South America.

Day 3

Orientation and cultural exploration of Quito

Begin your expedition with an orientation day in Quito. Explore the historic Old Town, a UNESCO World Heritage Site, visiting colonial architecture, churches and plazas. Discover local museums, cafés and markets while gaining insight into Ecuadorian culture and history.

The Middle of the World

Day 4

Mitad del Mundo and the Equator

Visit Mitad del Mundo, the Middle of the World, where you will stand on the Equator line separating the northern and southern hemispheres. Learn about Ecuador's geographical significance and enjoy interactive exhibits before returning to Quito.



Day 5

Rucu Pichincha

Spend the day exploring Rucu Pichincha, one of the mountains overlooking Quito.

Travel by cable car before hiking into the high Andean landscape, enjoying sweeping views of the city and surrounding volcanoes. This is an incredible introduction to the altitude and scenery of the Ecuadorian Andes.

Begin Your Trek

Day 6

Travel to the rainforest service learning project

Journey from the Andes into the lush rainforest region. Travel to your service learning base located on the banks of the rainforest, where you will be introduced to your conservation project and local partners.



Day 7 -10

Animal conservation service learning

Spend four days taking part in a meaningful service learning project focused on animal conservation. Work alongside local teams supporting wildlife protection, habitat restoration and environmental education initiatives.

Through hands on work and workshops, gain a deeper understanding of conservation challenges in the rainforest while developing teamwork, leadership and global awareness.





Day 11-12

Amazon rainforest experience

Head deeper into the Amazon rainforest with expert local guides. Explore jungle trails, learn about medicinal plants and observe wildlife in its natural habitat. Experience life in one of the most biodiverse regions on the planet while gaining insight into indigenous knowledge and sustainable living.

Day 13

White-water rafting on the Upper Río Napo

Take on an adrenaline-filled white-water rafting adventure along 25 kilometres of the Upper Río Napo. Navigate exhilarating rapids as a team while surrounded by dramatic rainforest scenery.

Day 14-16

Otavalo cultural immersion

Travel to the town of Otavalo, renowned for its indigenous culture and vibrant markets. Spend two full days immersed in local traditions, exploring colourful markets, meeting artisans and learning about Andean heritage. Enjoy time to pick up souvenirs and experience daily life in this culturally rich region.





Day 17

Laguna Cuicocha trek

Trek around Laguna Cuicocha, also known as Guinea Pig Lake, named after the two islands in its centre. This scenic circular walk offers stunning volcanic views and is an excellent opportunity to continue acclimatising to altitude while enjoying the Andean landscape.

Day 18

Return to Quito

Travel back to Quito for your final days in mainland Ecuador. Relax, reflect and prepare for the next stage of your expedition.

Day 19

Travel to the Galapagos Islands

Fly to the Galapagos Islands, one of the most biologically unique places on earth. Begin your island adventure following in the footsteps of Charles Darwin.

Day 20-24

Galapagos Islands exploration

Spend several days exploring the Galapagos Islands, encountering extraordinary wildlife found nowhere else in the world. Activities may include island hopping, coastal walks, snorkelling and guided wildlife observation.

Learn about evolution, conservation and the delicate balance of this protected ecosystem while experiencing close up encounters with iconic species.

Day 25

Return to mainland Ecuador

Fly back to mainland Ecuador and return to Quito for your final nights.

Day 26

Final cultural experiences and celebration

Soak up the culture of Quito one last time. Enjoy a celebratory group meal, reflect on your journey and mark the successful completion of this multi phase expedition.

Day 27-28

Return home to the UK

Transfer to the airport for your return flight to the UK, arriving home with unforgettable memories, new skills and a deeper understanding of the natural world.



What's Included

- ✕ An Outlook team T-Shirt
- ✕ International Flights
- ✕ Comprehensive overseas medical insurance
- ✕ All overseas transport
- ✕ All food and accommodation
- ✕ All activities including any entrance fees
- ✕ A highly qualified and experienced Expedition Leader, supported by an Assistant Leader
- ✕ 24-7 support from our UK-based Operations Room
- ✕ Access to the full Outlook Programme
- ✕ A license to the renowned 'Leader In Me' online personal development course



What's Excluded

- ✕ Cancellation and personal belongings insurance
- ✕ Transport to and from the UK departure airport
- ✕ Personal equipment (e.g. rucksack, walking boots, waterproof clothing)
- ✕ Spending money for gifts/souvenirs
- ✕ Inoculations, prophylaxis and personal medicines
- ✕ Visas and passports



Payment Guide

A deposit is necessary to secure your place.

The balance may be made by equal monthly payments or in 3 larger staged payments, with final payment for both required no later than 2 months prior to travel.

Refer to our Terms and Conditions for cancellation charges.

If there are insufficient expeditioners for the expedition to proceed, Outlook reserve the right to cancel, and any payments, including the deposit would be refunded.

Encourage a friend to join and we'll say 'thank you' in a useful way

We are Outlook Expeditions

Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors and expeditions as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life-changing journeys to over 60 countries on five continents across the world.

? WHY DO WE EXIST?

To help young people get ready for life.

? WHAT DO WE DO?

We create overseas expeditions that deliver inspirational, immersive 'outside the classroom' learning experiences, that accelerate core skills development in young people

On our expeditions, individuals become team players, growing and learning through challenge, developing character, building resilience, and improving wellbeing.

We encourage responsible travel and meaningfully connect young people with the communities their visit, creating global citizens with a keen awareness of the world and their place in it.

? WHAT'S DIFFERENT ABOUT AN OUTLOOK EXPEDITION?

We believe that the real destination is the personal development of a young person.

We don't fit your needs to an 'off-the-shelf' product. Quite the opposite. We listen first, ask questions and listen again to your answers. And then, we carefully craft itinerary and destination solutions that align to your school's and participants' unique needs and wants.

From a 'bag of cash' student-led age-old expedition in Peru, to a more curated activity-driven experience in Malaysia, we co-create expedition journeys with you.

The Outlook Way

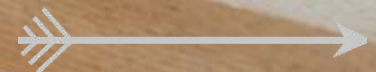
We believe that what we do and how we do it are of equal importance.

We aspire to behave in the same way that we encourage our expedition teams to behave.

Our core values are our guiding principles for working as a team and in interaction with schools, parents, suppliers, partners and expeditioners. They are embedded into every aspect of our company culture.

We call it the 'Outlook Way'.

- ✕ We have a positive growth mindset
- ✕ We work together
- ✕ We find new ways
- ✕ We believe in kindness



How we create an Expedition



EXPEDITION DEVELOPMENT

- We send experienced leaders to potential destinations to undertake recces, for both risk assessments and for expedition development.
- We'll check existing and new accommodation, transport, activities, treks, dives and more.
- We're looking at safety and potential safeguarding risks, as well as assessing the level of challenge and enjoyability.

ITINERARY DEVELOPMENT

- We work with school leaders to understand what the school and expeditioners need and want before a booking is made.
- We share example of existing itineraries, but it is not until we have a team that we together create a draft itinerary closely tailored to the expeditioners' needs and wants, in an Outlook Programme workshop we call 'Map Your Journey'.
- We will continue to refine that until issuing a Final Itinerary a month before travel.
- For our Indi Expeditions [i.e. expeditions not connected with a specific school], we use our experience to create a best-in-class itinerary for the independent expeditioners.



Nothing Worth Doing Is Ever Easy

CONTACT US

PHONE | 01248 672 760

EMAIL | [customer.service @outlookexpeditions.com](mailto:customer.service@outlookexpeditions.com)

ONLINE | www.outlookexpeditions.com

FACEBOOK | [@outlookexpeditions](https://www.facebook.com/outlookexpeditions)

INSTAGRAM | [@outlookexpeds](https://www.instagram.com/outlookexpeds)

ACCREDITATIONS

BSI 8848 Compliance: British Standards Institution spec. for adventurous activities outside the UK

ATOL Certificate 6679: Financial protection for all flights and trips booked through Outlook

Learning Outside the Classroom (LOtC) Quality Badge: Independently assessed for effective risk management & educational value

Expedition Providers' Association (EPA): Founding & full member, promoting safety and quality in overseas expeditions

Adventure Activities Licensing Authority (AALA): Licensed to provide outdoor adventure activities to under-18s in the UK

Approved Activity Provider (AAP) for the Duke of Edinburgh's Award