


OUTLOOK  
EXPEDITIONS

PROGRAMME GUIDE  
**ECUADOR**





Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors 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.

## OUR PURPOSE

To deliver inspirational, immersive learning experiences, outside the classroom, that accelerate core skills development in young people

To empower teams to grow and learn through challenge, as they develop character, build resilience, and improve their wellbeing

To develop 'life-readiness', instilling the idea that everyone can be a leader

To encourage young people to travel responsibly and become active global citizens of the future, with an awareness of the world and their place in it

To provide long-lasting transformational benefits to our participants, the communities they're visiting, and the planet

Put simply, we exist to help young people get ready for life.



WE ARE  
**OUTLOOK EXPEDITIONS**

## OUR VALUES

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

We practise what we preach; demonstrating the character and qualities that our products are designed to instil in young people, through the way we operate as an organisation.

Our core values are our guiding principles for working together internally, but also for managing customer relationships. The values are embedded into every aspect of our company culture — we call it the 'Outlook Way'

- » We have and promote a positive growth mindset
- » We work together
- » We find new ways
- » We believe in kindness

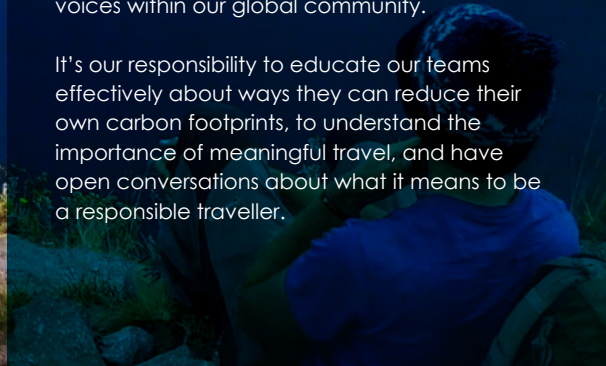
## OUR RESPONSIBILITY

We understand a balance must be reached between the importance and value of international travel, against the polluting effects of aviation on the environment.

We also understand the need for self-awareness in travel, ensuring our experiences are always ethical, justified, and only ever a cause for good.

It is therefore our responsibility not only to stand up for the planet in the fight against climate change, but also to stand up for unheard voices within our global community.

It's our responsibility to educate our teams effectively about ways they can reduce their own carbon footprints, to understand the importance of meaningful travel, and have open conversations about what it means to be a responsible traveller.



# UK LEADERSHIP DEVELOPMENT

When you book an Outlook Expedition, you aren't simply booking an overseas trip. You are benefiting from an in-depth, two phase programme that starts up to two years before departure.



Our UK Leadership Development Phase is unique to Outlook and is designed to develop character, build resilience, and improve well being — the tools required to be a leader and tackle life's challenges effectively. Delivered in a hybrid format of both face-to-face and interactive, online events, along with additional supporting activities, resources, and materials — this is where the journey really begins!

From engaging in meaningful discussions and activities about sustainable tourism, to immersive learning experiences in the UK's National Parks.



## LEADER IN ME

The UK Leadership development phase is underpinned by Leader in Me, our Life Readiness leadership qualification.

Based on Covey's '7 Habits of Highly Effective Teens' Leader in Me is a comprehensive evidence-based learning model designed to increase effectiveness in students.

Through the completion of this online course, students will learn about character concepts and skills that they will use not only on expedition, but for the rest of their lives. Including; taking responsibility for your life, managing your time, teamwork, communication, and tools to manage your own wellbeing.

The key learnings from this award-winning leadership training programme will be drawn upon throughout both phases of the Outlook Programme and will form a framework that can be applied to any life scenario.



## PAY YOUR WAY

The Outlook Programme is like a savings account for yourself and your future development. The more you put in, the more you get out! That's why self-funding is such an important part of your journey as it gives you the opportunity and experience to develop key life skills that you'll take forward into your expedition and beyond — from planning and organisation, to budgeting and communication — it's your chance to take ownership, set goals and really invest in your future!

Every year we're impressed by the innovative ways our students generate funds for their trip — from launching small businesses to providing services in the community, we love sharing self-funding success stories to inspire others on their journeys.

# RESPONSIBLE TRAVEL

We know that for a lot of people, sustainable travel is a contradiction in terms. How can something that generates so much carbon possibly be sustainable long term?

We understand that aviation releases more CO2 per passenger than any other mode of transport and that put simply, travel is an incredibly carbon intensive activity.

But we also know how important it is to be part of a global community, with whole countries and communities relying on international visits for their livelihoods and well-being. We also know how essential rich, engaging overseas experiences can be in guiding personal development, empathy, and perspective.

At Outlook, we take an active role in caring for our planet — and educating our teams to do the same. From being proud members of the Tourism Declares a Climate Emergency movement, and founding signatories of the Glasgow Declaration on Climate Action in Tourism, to partnering with climate consultancy, Positive Planet, to help us to take control of our carbon footprint.

We don't believe in greenwashing, confusing jargon and labels, or claiming perfection overnight. We know the fight against climate change is a journey — the most important of all the journeys we've made. But we also know that we're in this together, and we're committed to learning and growing through the process, as we empower our students to do the same.



But being a **responsible traveller** is about more than simply caring for the planet — it's being a **Global Citizen**, someone that takes an active role in making the planet more equal, fair, and **sustainable for all**.

During our UK Leadership Development Phase we provide an **educational framework** for students to better understand the impact of their travels on the communities they visit. From discussing ways to contribute towards the **United Nation's Sustainable Development Goals**, to understanding responsible travel do's and don'ts regarding photography, shopping, and respecting different cultures.

Through **service-learning opportunities** overseas, students work in partnership with local community and environmental initiatives, to gain a **unique insight** into some of the world's biggest issues.

It is of the utmost importance to us that our partnerships never disrupt, strain, or negatively impact a host community, and as proud partners of **ChildSafe** — an award-winning advocacy and action-oriented child protection movement — we're solidifying our commitment to taking a **leading role in child welfare**, ensuring we take best practice actions linked to child protection in the workplace, in our supply chain and in the communities, we operate in.



# 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 Rio Napo. Ecuador is one of the world's most exciting and unique destinations!

The purpose of this brief is to introduce you to your destination and the types of activities that you might do in-country. We hope this brief snapshot will leave you feeling inspired and wanting more!



## ECUADOR HIGHLIGHTS

- » Trek through volcanic landscapes
- » Help preserve precious environments and traditions
- » Enjoy a white water rafting adventure on the Rio Napo
- » Go whale watching in Puerto Lopez
- » Stand with one foot in the northern hemisphere and the other in the southern



## DESTINATION FACTS

- » **RELIGION:** Catholic, indigenous.
- » **CULTURAL OR HISTORICAL INTEREST:** Quito is a UNESCO World Heritage Site in recognition of having the best preserved historic centre in Latin America.
- » **LANGUAGES:** Spanish.
- » **GEOGRAPHY:** Varied. Lowlands in the west, Amazon rainforest in the east with the Andes running down the centre.
- » **CLIMATE:** Dependent on geographical region and altitude. Year-round tropical climate in the Amazon and along the Pacific coast, with a dry temperate climate in the highlands.
- » **ALTITUDE:** You may reach an altitude of 4200m, if attempting to summit Pasochoa.
- » **VISA:** Not required for British nationals\*

\* Please note requirements may change



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## CULTURE SHOCK MODERATE

- » English less commonly spoken
- » Road signs likely English in tourist heavy areas only,
- » A mix of transport available and a schedule that may, or may not, be kept to.
- » Amenities such as hot water and Wi Fi are less common outside large cities.
- » Ecuadorian cuisine typically includes potatoes, fish, yuca, rice, beans, plantains, chicken, beef and pork.



## CHALLENGE RATING CHALLENGING

- » Altitude may at points go above 2500m
- » In country support may be minimal i.e. group kit is transported
- » Distances covered are sometimes more than 10km per day
- » Height gain and loss is moderate per day
- » Challenging terrain in places (boulder fields etc.)
- » Where kayaking activities are undertaken, distances covered can be up to 10km per day and water conditions can be tricky i.e. tidal bays, wind etc.



**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:**

- » Experience tropical island living
- » Accelerate your learning and life skills development
- » Gain a deep understanding of other cultures and global issues
- » Uncover your strengths and discover new passions
- » Strengthen friendship bonds and make new connections
- » Build character, resilience and the confidence to face life's challenges
- » Boost your CV for university and job applications

## SERVICE-LEARNING



This phase is not only one of the most valuable but often the most memorable parts of the expedition experience for our teams, as it's where you gain unique insights and perspectives on the world through providing a meaningful service to one of our overseas partners.

With all the organisations we partner with, we're committed to ensuring that our presence never disrupts, strains or negatively impacts the communities we're visiting. Instead, these are opportunities for students to be empowered and educated by our partners in a way that is mutually beneficial for all.

## PHYSICAL CHALLENGE



For many students, the physical challenge of a trek is a really important part of their expedition, as this it's where you can push yourself — physically and mentally — as you take a step outside of your comfort zone. It's also a great opportunity to connect with nature and one another in some incredible landscapes.

From summiting a mountain peak to exploring rural life and remote villages, the duration and challenge level of your trek will be dependent on the team's aims and objectives.

## LEADERSHIP



Equipped with your Leader in Me toolkit, your expedition is an opportunity to put your leadership skills to the test. Not only will the 7 Habits form part of your team culture while away, you'll also have an active role in the team's management each day.

One day you could be the team coordinator, the next taking charge of the budget. An expedition is all about putting you in the driving seat and giving you ownership of your adventure!

## R&R/ACTIVITIES



Your itinerary will also include time to explore your destination, engage with fun activities, and take some time for a well-earned rest!

From sight-seeing in the city and visiting must-see attractions, to taking part in adventure sports and reading a book in a perfectly placed hammock.

This is the time to rest and recuperate while experiencing local culture and seeing more of the destination!

## EXAMPLE ITINERARY

The duration and number of phases included in your final itinerary will be dependent on the length of your expedition.

DAY	PHASE	SUMMARY
1-2	Arrival	Travel from the UK to Ecuador.
3-4	Orientation	Spend your first day adjusting to your new surroundings and making contact with in-country providers. Visit the historic sites of Quito's Old Town - a UNESCO World Heritage Site. Travel south to Latacunga to embark on your amazing trek, with views of the mighty Cotopaxi.
5-7	Trek	Over the next three days you will be trekking to Laguna Quilotoa. Camp along the way in this beautiful environment; the stars in the high, unpolluted air are breath-taking. Arrive at Quilotoa and spend the night on the crater rim.
8-9	Travel	Head to Ambato before travelling on to the Amazon region of Tena for your service-learning partnership.
10-14	Service-Learning	Get to work on a construction and maintenance project with one of the small communities along the Rio Napo, in the Amazon Basin. Learn about the fascinating way of life for these traditional Amazonian communities.
15-16	Activity	For the perfect end to your jungle experience, take on the Rio Napo as you set off on an exciting White-water rafting adventure.
17-19	Activity	Travel to Otavalo where you will have a couple of days to immerse yourself in this town steeped in cultural heritage. Explore its famous markets and pick up some souvenirs. You could also visit Laguna Cuicocha or Mitad del Mundo, The Middle of the World.
20-21	Return home	Return to Quito for the final time where you can celebrate the successful completion of your expedition! Bid Ecuador a fond farewell as you fly back to the UK for your homecoming.



# ADVENTURES & EXPERIENCES

At the Itinerary Development Session, with guidance from one of our destination experts, you and your team will shape your own expedition itinerary. You'll be given a selection of treks, global citizenship initiatives and activities to choose from that suit your expedition duration and desired challenge level.

Here are some examples of the adventures and experiences on offer in Ecuador:

## WHALE WATCHING IN PUERTO LOPEZ:

Every year, two to three thousand humpback whales migrate here from Antarctica. Spot these amazing creatures as you head out on a boat to the nearby island of Isla de la Plata.

## PASOCHOA RESERVE/SUMMIT TREK:

Pasochoa is a lushly vegetated extinct volcano and the beautiful setting of its slopes makes for an unforgettable trek. Starting at 3000m, you'll spend a day trekking and acclimatising before your summit attempt. The trek to the summit (4,200m) is not very steep, although it can be challenging due to the altitude. If you're lucky the clouds will clear and you enjoy stunning views.

## TENA & WHITE WATER RAFTING:

Head to the jungle town of Tena and explore the mighty Amazon jungle. Spend time learning about this incredibly diverse environment and enjoy the local cuisine as you take in the world's most species-rich tract of tropical rainforest. Spend your nights in a jungle lodge run by local families, giving you a great insight into life in the Amazon. Enjoy a full day of white water rafting on the Rio Napo. The river is known locally as the Rio Jatunyacu - meaning 'Big Water' in Quichua. It offers the perfect combination of exciting rapids, calm pools, and fabulous jungle scenery.

## OTALAVO:

Home to one of Ecuador's most famous local markets, it's a perfect place to buy souvenirs. To get there you must cross the equator so you'll stop at La Mitad del Mundo to have a photo taken with one foot in the Northern hemisphere and the other in the Southern.





# GLOBAL CITIZENSHIP



Our partnerships are constantly evolving and changing based on the needs of the organisations we work with overseas. However, here are some examples of initiatives we've supported in previous years in Ecuador:

## TSA'CHILA COMMUNITY PROJECT:

Four of the seven remaining indigenous Tsa'chila communities live in Ecuador. They're working hard to preserve their rich culture through community based tourism projects. Work includes assisting with reforestation and agricultural projects and carrying out maintenance tasks at the centres. Teams also help to educate and encourage visitors to learn about the Tsa'chila culture.



## SELVA VIDA:

You will be based in an Amazonian reserve working and living with members of the indigenous Shuar tribe. Like many ethnic groups in Ecuador the Shuar tribe struggle to maintain their traditional culture. In the past one of their main livelihoods was the felling of trees, this led to further deforestation of the jungle. The main aim of this project is to promote and enhance eco-tourism activities in the area to provide the community with an alternative livelihood.



## AMAZOONICO:

AmazOonico is an NGO wildlife rescue centre based near Tena that receives, rehabilitates, and reintroduces wild animals that had been confiscated from illegal trade.

Here, you will support the team at AmazOonico and learning more about the important work they do. As part of this you'll support with enrichment activities for the animals and complete general maintenance jobs that need doing around the centre.



A Global Citizen is aware of and understands the wider world – and their place in it. They take an active role in their community and work with others to make our planet more equal, fair and sustainable.

# PAY

## YOUR WAY

Every family's financial situation is different so self-funding is a great way to enable every young person to experience the adventure of a lifetime!

Not only is self-funding one of the most rewarding and valuable elements of participating in an Expedition or Explore trip, but universities and employers respect the commitment and entrepreneurship that a young person demonstrates in this phase. For these reasons we encourage our participants to self-fund the majority, or if not, the entirety of the amount.

It's about putting students in the driving seat so that they develop skills for life; managing money, record keeping, self-motivation, goal setting and target achievement.

### PAYMENT OPTIONS

Your bespoke payment plan will be created based on the launch dates of your expedition. However, there are two options available for you to choose from, so that you can pay your way. Please find the example formats below — your actual payment plan will be provided to you separately based on the dates of your launch and expedition:



#### STANDING ORDER

Spread your payments evenly by setting up a monthly standing order, up to the final balance date

DEPOSIT	PAYMENTS
DATE	X PAYMENTS
£TBC	£TBC



#### INSTALMENTS

Instalments: Settle your balance across a number of instalments. Payments can be made through debit card, bank transfer or cheque

DEPOSIT	PAYMENTS 2	PAYMENTS 3	PAYMENTS 4
DATE	DATE	DATE	DATE
£TBC	£TBC	£TBC	£TBC

Payments can be made via Basecamp or by contacting our Customer Support Team. Please note that payment dates and amounts may change, should there be any delay in securing a minimum of 10 participants



### UK LEADERSHIP DEVELOPMENT

Fully guided programme including;

- » Pay Your Way support
- » Map Your Journey Session
- » Leader Meeting
- » Final Preparation Day
- » 7 Habits of Highly Effective Teens (accredited online learning course)
- » Regular communications and online resources to inform and inspire
- » Team t-shirt

### LEADER TEAM

» Up to 2 travelling teachers and a highly qualified and experienced Outlook Expeditions Leader

### INSURANCE & 24-HOUR SUPPORT

- » Comprehensive overseas medical insurance and 24-hour Operations Room to support teams in country

### IN DESTINATION

- » All food and accommodation
- » All group equipment including tents, stoves, communication devices, and safety gear
- » All group activities and entrance fees
- » Contribution to support sustainable service-learning partners



**OUTLOOK**  Ready. For Life.



## ✓ FLIGHTS

- » Return international flights

## ✓ PRACTICAL LEADERSHIP WEEKEND

**Training event to prepare you for life on expedition, and beyond, including;**

- » Putting the 7 Leadership Habits into action
- » Food budget management and cooking safety
- » First aid and equipment testing
- » Orienteering, trekking and campcraft

## EXCLUDED:

- » Vaccinations and visas
- » Personal belongings insurance & costs incurred by loss of passport
- » Pre-departure cancellation insurance (should you need to cancel your place on the team)
- » Personal equipment
- » Spending money for souvenirs
- » UK transport (to/from UK training venue, Final Preparation Day and airport collection)
- » Food & accommodation while travelling to and from UK airports

PHONE | 01248 672 760  
 EMAIL | [customer.service@outlookexpeditions.com](mailto:customer.service@outlookexpeditions.com)  
 ONLINE | [www.outlookexpeditions.com](http://www.outlookexpeditions.com)  
 FACEBOOK | @outlookexpeditions  
 INSTAGRAM | @outlookexpeds

