

Cultures, Crafts and Agriculture.

"A magical journey through the Ecuadorian Andes"

**Nahual Expediciones
Pifo-Ecuador**

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NAHUAL EXPEDICIONES COMPASS SCHOOL ECUADOR 2010

We are excited to invite the Compass community on a new Ecuadorian adventure. We envision this trip as an opportunity for Compass students and teachers to understand Ecuadorian culture and enjoy its beautiful natural environments. To attain this we travel for 14 days through villages, rivers, cities and mountain passes, working with and for the local people.

Simple living starts as soon as we get to Palugo farm where the Dammer family runs a small organization called Nahual. Organic gardens, dairy cows, chickens and the traditional skills of local organic agriculture will help us understand ancient techniques and practice fun "hands on" work.

We will work on traditional crafts, whether it is drums, traditional adobes or "estera" mattresses. Our projects start from scratch and with the help of native craftsmen we unveil the magic that hides behind traditions that have lasted many centuries. After a few days of acclimatizing to the high elevation of the inter-Andean plateau, we pack our gear and leave to explore the highlands and its secrets. Hiking on high elevation "paramos" with stunning views of the surrounding glacier covered volcanoes, living with traditional families we immerse ourselves on the culture and learn about their practices.

Once out of the trail on local buses we go to the small Village of San Clemente and Zuleta where we will learn about traditional crops, embroidery and other crafts that people has mastered over hundreds of years.

Trip duration: 14 days

Activities:

- Organic Farming
- Local crafts
- Community service projects
- Hiking

Physical level: Moderate

Cost of the trip: USD\$ 1000 (does not include airfare)

Important: This is not a tourism trip, its active traveling and learning. We want participants to be proactive, enthusiastic about work and willing to live with the local people on a simple way.



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Day	ACTIVITY
1	Arrival to the Quito International Airport, 45 min. drive to hacienda Palugo (2620m).
2	Walk and discover the traditional Hacienda life.
3	Farm chores will get us warmed up for a interesting walk around the village and their traditional fire brick ovens, where some of the highest quality bricks are backed every day.
4	Farm chores, food preparation, community work and working on crafts will make a full day at the farm.
5	Getting the rithm, another day at the farm...., making bread, granola, preparing vegetables and gear for our expedition.
6	Early to the bus and off to "Cayambe", situated right on the Equator...., where the bus will leave us to find our way on a pickup to the small mountain village of Zuleta, were we will stay with the locals of the village and learn different crafts and traditional music.
7	Another day on the village, working and sharing with the locals, will get us ready for the next step.
8	Head out on the expedition along the Imbabura foothills..., to set camp on a beautiful mountain setting.
9	The last day of treking will bring us to a magical place hidden on the paramos, where life has a different pace, and legends are still a part of life..., the community of San Clemente.
10	A day on the community, doing daily chores and exploring the surroundings, at the base of "Taita Imbabura", and extinct volcano with many mystical values for the locals, will do for another exiting day. We will spend the night with different families of the community.
11	Community work at the Village and some walks on the surroundings, will give us a good impression of the local life.
12	Back to Palugo farm on a public bus will be quite an end for our adventure and will leave minds and spirits ready to go back.

13	Visit Quito center in the morning, explore this colonial feeling of different cultures and believes. Filled with culture and history we will be ready to catch our plane back home.
14	Fly back home



Crafts, Culture and Agriculture Exploring the Ecuadorian Andes

✓	QTY	ITEM
	1	Sunhat or cap (Possible to buy local)
	1	Warm hat (Possible to buy local)
	3	Cotton t-shirts
	1	Polypro or wool long underwear top
	1	Polypro or wool long underwear bottom
		Underwear (recommended 4 pairs for boys, 6 for girls)
	1	Light weight long sleeve light color cotton shirt
	2	Fleece or wool sweater
	1	Rain jacket
	1	Pair of work pants (Carhart type)
	1	Quick drying- lightweight pants
	1	Set of nice pants or long skirt recommended for girls (for travel and cultural events)
	1	Light, quick-drying shorts
	2 prs	Wool socks
	2 prs	Cotton socks
	1	Running shoes
	1	Sleeping pad (closed cell foam light weight, compact, available to borrow from Nahual)
	1	Sleeping bag (3 season, rated 15 degrees F. If you would like to borrow sleeping bag from Nahual check with us before program starts)
	1	Rubber Boots (available in Ecuador \$6) Note: If you own a pair, bring them. If you don't wait and buy in Ecuador, over size 12 is hard to find)
	1	Water bottle (Filter if you own one or purification pills)
	1	65-80 liter hiking backpack (possible to borrow at Nahual)
	1	Day pack (only if you own one, do not buy, a few for the group is enough)
	1	Bandana for washing yourself
	1	Swim suit
	2	Nylon Stuff sacks (one for sleeping bag one for clothes)
		Feminine Supplies
	1	Knife w/ locking blade (if you have one, do not buy only for the trip).
	1	Headlamp or flashlight
	1	Tooth brush
		Instrument (please bring if you play one)
	\$50	Personal money to bring gifts back for family

NAHUAL EXPEDICIONES STUDENT CONTRACT

The class of _____ agrees to the following:

- 🌍 To participate wholeheartedly in a Nahual program because we are excited to learn new skills, meet new people, spend time in the outdoors and enjoy learning from different cultures.
- 🌍 To be willing to live in a simple way, without the comforts of home such as showers or flush toilets.
- 🌍 We understand that we will be living in a different culture and community and it is important to consider the group's needs before individual needs.
- 🌍 We understand that how we behave affects everyone in the group. We will strive towards always being helpful, positive and friendly in our actions toward others.
- 🌍 We know that expectations are high and attainable. We are expected to treat others and ourselves with respect.
- 🌍 We are responsible, to a certain degree, for our own safety. We will use common sense and always think before acting.
- 🌍 We will take great care of equipment.
- 🌍 We will share the load in daily chores and responsibilities, such as cooking, clean up, gathering firewood, keeping our area of the living organized, and participating in a service project.
- 🌍 We realize that we are entering the home of other people, plants and animals and we will carry ourselves with great care and respect.
- 🌍 We understand that we will need to work hard, push our physical and emotional limits and deal with success and failure. We will be learning difficult skills that require practice and patience.
- 🌍 We are open to experience different foods and are willing to support the local economy on the communities we visit and this way also reduce the garbage production of big multinational companies.
- 🌍 Sometimes it will be hot, sometimes it will rain and sometimes we will be bothered by mosquitoes or other people. The only thing we have control over in these situations is our attitude and how we choose to react.
- 🌍 We understand that we will be joining a group of exceptional people of all ages and we will come back a stronger person.
- 🌍 We know that we will be welcomed as a member of the Nahual family and there will be great support for us when we need it.

Please sign your name on the back of this contract.

Kroka Staff look forward to working and playing with you in the great outdoors!