

Ecuador
COMMUNITY WORK

**DREAM CENTER
QUITO
SOCIAL PROJECT**

**SUPPORT
& HOPE**



DREAM CENTER QUITO IS...

This project offers vital support to local street children and youth through a non-profit organization dedicated to supporting those who have lived or are currently living on the streets.



QUITO,
Ecuador



Minimum
3 Weeks



Intermediate
Spanish Needed



1° Time
Volunteer



minimun 18
years old

GENERAL PROJECT INFORMATION

This project offers vital support to local street children and youth through a non-profit organization dedicated to supporting those who have lived or are currently living on the streets. As a volunteer, your contributions can make a significant impact—whether it's helping with homework, providing hygiene education, or simply giving the children hugs and attention.

Many of these children have faced difficult beginnings, such as being born to drug-addicted parents, living on the streets, or experiencing violence, abuse, and neglect. Some have been forced to work selling sweets on the streets. A key aspect of your role is to empower these children and teenagers by offering encouragement, engaging in fun activities like playing games, art, music, or sports. It's crucial for them to feel valued, regardless of their background, race, economic status, or educational level.

The center supports over 100 children, though not all attend simultaneously. Some come in the morning, while others arrive in the afternoon. Each child receives a nutritious lunch and is encouraged to brush their teeth afterwards. The project emphasizes education as a means to break the cycle of poverty and prevent these children from falling into the same challenges faced by their parents. With funding and sponsorship, the project helps cover school-related costs such as uniforms, books, and materials.

Additionally, the project offers workshops in areas like baking and woodworking. If you have a talent to share, you're welcome to create your own workshop and contribute to the children's learning and development.



WHAT IS INCLUDED



PRE-DEPARTURE ONLINE ORIENTATION

DONATION TO THE PROJECT

AIRPORT TRANSFER UPON ARRIVAL

ONSITE ORIENTATION MEETING

HOSTEL OPTION: 21 NIGHTS ACCOMMODATION IN A DORM ROOM AT A NICE AND COZY HOSTEL CLOSE TO THE PROJECT

HOMESTAY OPTION: 21 NIGHTS ACCOMMODATION IN A HOST FAMILY IN NORTH SIDE OF QUITO (20 MINUTES FROM THE PROJECT). BREAKFAST AND DINNER INCLUDED FROM MONDAY TO FRIDAY

DAY TOUR TO THE VOLCANO COTOPAXI (BIKE TOUR)

LUNCH, WHICH IS SERVED AT THE PROJECT ON WORKING DAYS

WHAT TO CONSIDER

- **Arrival Airport:** Quito (UIO)
- **Location:** Quito
- **Arrival Date:** Participants must be in Quito by Sunday to begin work on Monday
- **Availability:** Year-round
- **Extended Stays:** Possible
- **Wi-Fi:** Okay
- **Psychological Demands:** Work can be psychologically demanding
- **Spanish Proficiency:** Basic Spanish is needed
- **Volunteer Capacity:** Maximum of 8 volunteers



WHAT IS NOT INCLUDED

- MEALS
- MEDICAL INSURANCE (MANDATORY TO CONFIRM THE RESERVATION)
- DEPARTURE TRANSPORT
- PERSONAL EXPENSES

VOLUNTEER ACTIVITIES



Your involvement will make a significant difference in the children's education, well-being, and daily lives

Here's what you might be doing:

- **Positive Attention:** Provide the children with positive and safe attention.
- **Homework Help:** Support children with their homework, especially those who are behind or lack a quiet space and parental assistance.
- **Fun and Games:** Engage children and teenagers in sports, art, music, and other fun activities.
- **Kitchen Support:** Assist in the kitchen, particularly during busy lunchtimes, to help the youngest children and ensure they clean up after themselves.
- **Workshop Support:** Help with or create workshops that benefit the children.
- **School Visits:** Regularly visit local schools to check on the children's attendance, grades, and overall progress.
- **Educational Activities:** Prepare and conduct educational activities that enhance learning.
- **Recreational Activities:** Plan and organize activities for after homework or during breaks.
- **Hygiene Education:** Teach essential hygiene practices like hand washing and brushing teeth.
- **IT Room Supervision:** Supervise and assist children using the IT room for their homework.
- **Additional Support:** Be ready to handle any unexpected needs, such as accompanying a child to a doctor's appointment or dentist visit.



A TYPICAL DAY AS A VOLUNTEER

Upon arrival in Quito, you'll have a Meet & Greet session to discuss your expectations, the project's rules, and how to navigate the city. You'll receive information on how to get to the project (walking distance) on your first working day, Monday (unless there's a National Holiday).

On Monday, you'll start with an orientation meeting at the project, where you'll receive general information about the upcoming activities. We'll discuss your expectations and how you can leverage your talents and passions to contribute meaningfully to the project, ensuring that both the project and you benefit from your time there.

Once the orientation is complete, it's time to start working. Keep in mind that daily activities may vary based on the project's needs, so flexibility is key.

Around midday, you'll break for lunch at the project, which offers a great opportunity to connect with the local community and learn about their lives.

In the afternoon, you'll continue with your duties until around 4 pm. The rest of the day is yours to explore and enjoy the city. For the remainder of the week, your schedule will be similar, working from 7 am to 4 pm Monday to Friday.

Your coordinator will direct you to where you are most needed, and your ideas are always welcome!

This is a challenging project, so patience is essential. Your work is extremely valuable and crucial for keeping the project running smoothly. You may encounter frustrations due to different organizational practices or the pace of work in Ecuador, but remember that these are cultural differences to respect.

Show initiative, work hard, stay happy and motivated, and you'll make the most of your volunteer experience.



WHAT TO DO IN FREE TIME

Quito is packed with things to do and see, offering a blend of parks, museums, and vibrant plazas. Here's what you can explore:

- **Historic Center:** Spend a few afternoons wandering through Quito's historic center, where you can marvel at the colonial architecture, visit historic plazas and churches, and stroll along charming streets.
- **Pichincha Volcano:** Take the cable car up Pichincha volcano for breathtaking views of the city and surrounding landscape.
- **Mitad del Mundo:** Visit the famous "middle of the world" monument, marking the equator, and explore the Pululahua volcano crater.
- **Weekend Trips:** Head out to the lush rainforest, visit the popular town of Mindo, or travel north to the vibrant Otavalo indigenous town.

Quito's rich history and stunning surroundings offer plenty of adventures and cultural experiences.

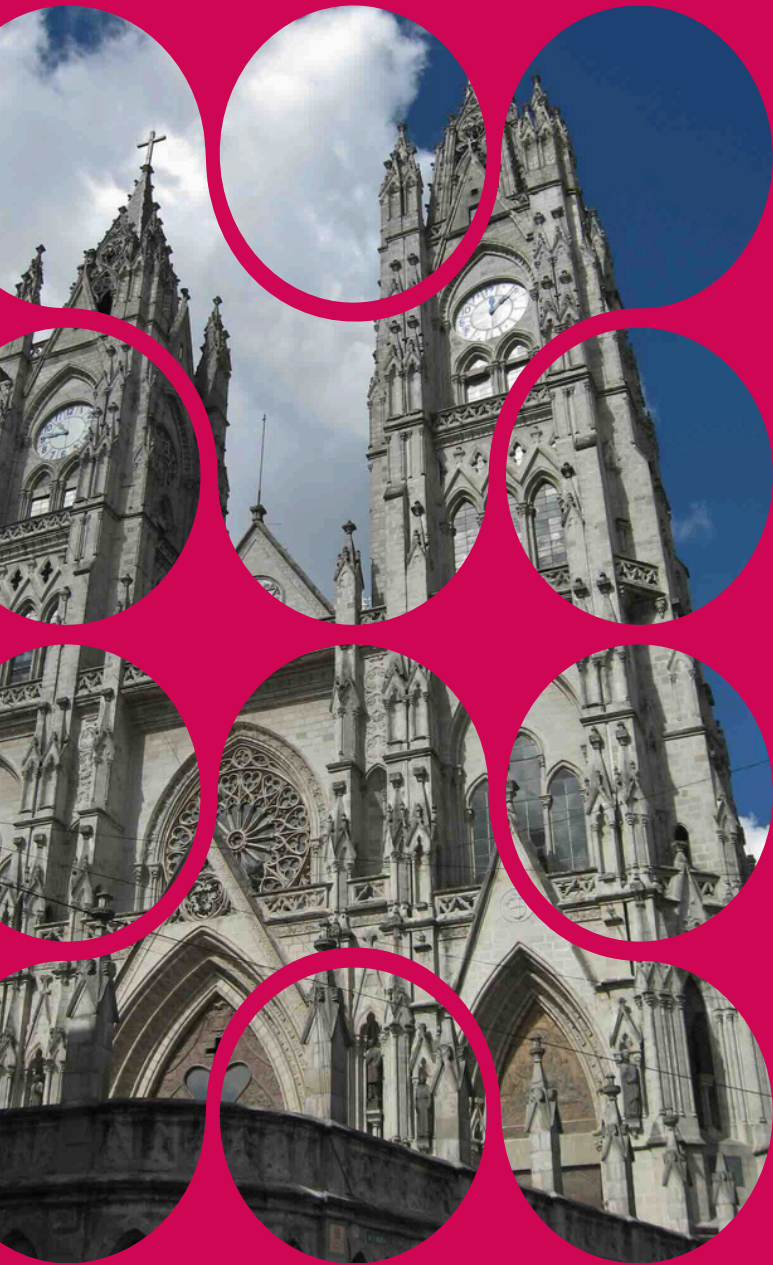
THE ACCOMMO DATION



You'll be staying in a hostel with dorm-style rooms, just a short 15–20 minute walk from the project. Wi-Fi is included, but please note that towels and breakfast are not provided.

ABOUT QUITO

Quito, Ecuador's capital, is nestled high in the Andes Mountains and is a blend of stunning natural beauty and rich history



With its charming colonial architecture, bustling plazas, and lively markets, Quito is a great place to dive into Ecuadorian culture and history. Don't miss out on exploring its UNESCO-listed Old Town or hiking up Pichincha Volcano for some amazing views.

The city's also a great starting point for outdoor adventures—whether it's hiking in the cloud forests of Mindo, exploring the Amazon Rainforest, or just soaking up the city's vibrant atmosphere.

Quito enjoys a pretty steady climate thanks to its altitude. You'll find temperatures generally hanging between 10°C and 20°C, so it's cool and comfortable throughout the year. Rain is pretty frequent, especially from October to April, but you'll get drier, sunnier weather from June to September. It's the perfect backdrop for both urban exploration and outdoor fun.

WHAT TO BRING

- Small backpack for personal belonging
- Comfortable clothing like shirts and T-shirts
- Comfortable shoes like tennis shoes (flip-flops or sandals are not recommended)
- Rain jacket
- Sunscreen
- Cap or hat
- Fleece/jumper for the evenings
- Long trousers (Quito might not feel cold, but it's usually better not to wear shorts in the city)
- Personal hygiene items
- Power converter for 110v sockets
- Travel documents (passport, copy of medical insurance, personal medication information, vaccine card)

Please remember to bring enough of your own medications for the entire duration of your stay in Quito. While pharmacies are available, having your personal prescriptions with you is essential.





VOLUNTEERING

Volunteering is an exciting journey to personal growth and self-discovery. When you dive into mindfulness volunteering, it's not just about helping others—it's about exploring, learning, and really understanding yourself and the world. It's all about staying open-minded, living in the moment, and being tuned in to what's happening around you.

Mindfulness practices aren't just for yoga class—they're about developing a mindset that boosts both your personal and professional life. They help you accept things you can't control and build up your own trust. Plus, they teach you to be generous and thankful for every bit of life's goodness.

Remember, changing the world starts with changing yourself. So jump in and see where this journey takes you!

You cannot change the world if you don't change yourself



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