



Ecuador
COMMUNITY WORK

**COMMUNITY
VOLUNTEERING
EXPERIENCE**
SOCIAL IMPACT

**CHILDREN &
FAMILY SUPPORT**



VILLA TICCA IS...

A community, based initiative supporting children and families in vulnerable situations in Quito.

The project provides a safe and nurturing space where children receive care, meals, education, and emotional support, while their families are able to work or study.



QUITO,
Ecuador



Flexible
duration



Basic Spanish
accepted



1° Time
Volunteer



minimun 18
years old

GENERAL PROJECT INFORMATION

The Villa Ticca Community Volunteering Experience offers travelers the opportunity to engage directly with a local initiative supporting children and families in vulnerable situations in Quito. The project provides a safe and nurturing environment where children receive daily care, nutritious meals, educational stimulation, and emotional support.

This community-driven initiative also supports families by allowing parents — many of them single mothers — to work or study while their children are cared for in a structured and supportive space. The project focuses on dignity, stability, and long-term opportunities for both children and caregivers.

The experience is centered on meaningful human connection. Volunteers contribute through their presence, interaction, and support in daily activities, creating moments of cultural exchange, encouragement, and joy that positively impact the children's confidence and social development.

Rather than aiming to change a community in a short time, the program invites participants to contribute to an ongoing local effort, gaining a deeper understanding of social realities while supporting a project that works every day to improve quality of life.

Volunteer participation directly supports the continuity of the initiative and reinforces the message that these children are seen, valued, and supported by a global community.



WHAT IS INCLUDED



COMMUNITY VOLUNTEERING EXPERIENCE AT VILLA TICCA PROJECT

SUPPORT OF LOCAL PROJECT COORDINATOR AND STAFF

STRUCTURED BUT FLEXIBLE DAILY ACTIVITIES

LUNCH AND SNACKS DURING VOLUNTEERING DAYS

MEANINGFUL INTERACTION WITH CHILDREN AND LOCAL COMMUNITY

CULTURAL EXCHANGE AND SOCIAL IMPACT EXPERIENCE

SAFE AND SUPERVISED VOLUNTEERING ENVIRONMENT

COTOPAXI BIKE EXCURSION IN GROUP SERVICE (SATURDAY)

WHAT TO CONSI DER

- **No previous** volunteering experience required
- **Basic English is accepted**; Spanish is helpful but not mandatory
- **Activities** depend on daily project needs
- **Flexibility and proactive** attitude are important
- **This is a community-based** environment with limited resources
- **Volunteers** should be respectful of local routines and guidelines



VOLUNTEER ACTIVITIES



The volunteering experience is designed to integrate participants into the daily dynamics of the project while supporting the local team.

Activities may include:

- Educational support for children
- Recreational and creative activities
- Games and group interaction
- Helping with daily routines
- Assisting during meal times
- Light support in food preparation (when needed)
- Sharing cultural exchange moments with children

All activities are coordinated by the local staff and adapted according to the group profile, number of children, and daily priorities.



A TYPICAL WEEK

The volunteering schedule typically runs from Monday to Friday, approximately from 09:00 to 15:30, including lunch and two snacks shared with the children.

A typical day may include:

- Morning welcome and introduction to daily activities
- Educational or creative support sessions
- Outdoor or recreational group activities
- Lunch shared with children and staff
- Afternoon interaction and structured games
- Wrap-up and coordination with project team
- The rhythm is dynamic, informal, and centered on meaningful interaction. Each day may vary depending on the needs of the children and project planning.



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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 closest subway (Metro) station (Estacion La Alameda) and 6 - 10 minutes from Trolebus station (Estacion Banco Central). Wi-Fi is included, but please note that breakfast is not provided.

ABOUT THE PROJECT

Villa Ticca is a locally managed initiative in Quito focused on improving the quality of life for children from vulnerable families.



The project creates a safe environment where children can learn, play, and grow while receiving emotional support and proper care.

The team is composed of local caregivers and coordinators who work closely with the community. Their approach emphasizes respect, inclusion, and creating opportunities for children to develop confidence and social skills.

Volunteers play a complementary role by supporting daily activities and contributing to a warm, multicultural environment that enriches the children's experience.

BENEFITS OF COMMUNITY ENGAGEMENT

Participating in this volunteering experience offers travelers a meaningful way to connect with local realities and contribute to an ongoing social initiative.

Even simple actions — playing, assisting with activities, sharing conversations — help strengthen children's confidence, sense of belonging, and exposure to new cultures.

This experience encourages respectful engagement, cultural understanding, and mindful travel. By participating, volunteers support a project that works daily to create opportunities, stability, and care for children and families in Quito.

Meaningful engagement creates mindful travelers and mindful travelers create meaningful impact.

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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CONTACT US

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