■ US 501 C 3- Tax Exempt program fee
■ Pay directly to the project and host family
■ World’s most affordable volunteer abroad program
■ Life changing volunteer abroad experience
About Us

Helping Abroad, a volunteer abroad program of Institute for Global Field and Policy Research is registered as a 501 (C) 3 under the IRS code. The organization works to connect volunteers to local organizations worldwide, working in impoverished communities desperately needing the help of motivated and passionate volunteers. By partnering with local international organizations and grassroots efforts, Helping Abroad works to increase the quality of life in international communities by creating affordable volunteer abroad programs. Helping Abroad works in a variety of countries including Argentina, Cambodia, China, Costa Rica, Ecuador, Ghana, Guatemala, India, Kenya, Nepal, Peru, Mexico, Sri Lanka, South Africa, Thailand, Tanzania and Uganda, allowing volunteers to work in an array of projects to fit their individual skills and interests and simultaneously gain professional experience. Projects include working in orphanages, helping disadvantaged children, teaching English, working in healthcare/medical projects, promoting HIV/AIDS awareness, supporting conservation efforts and working for women’s empowerment.

Helping Abroad works hard to ensure every project is cost efficient, very safe, highly organized and extremely meaningful. Our connections and relationships in volunteer host countries are researched and well established and we have confidence that volunteers will be satisfied with the quality of our programs. In addition, we are working to expand our programs to even further touch the lives of others through the help of volunteers.

Our Mission

Helping Abroad’s mission is to enrich the lives of others and enhance international development by offering high quality volunteer programs at the lowest price possible. With our travel and volunteer programs, we work to provide passionate and dedicated volunteers with an outlet for meaningful, rewarding, affordable and life-changing experiences for both travel and community service. We work hard to create strong relationships with local organizations and grassroots efforts to organize sustainable and responsible development projects aiming to positively affect disadvantaged children, families and communities worldwide.

Our Partner Organizations and In-country Coordinators

Helping Abroad has a well-rounded, organized and experienced team of in-country coordinators, making our projects strong and effective. The majority of our coordinators run grassroots level organizations addressing host country conflicts and issues plaguing local communities. We also work with local municipalities, nonprofit organizations, schools, orphanages, clinics/hospitals and community centers. Our teams work hard to organize and execute programs that will well surpass the expectations of our volunteers and provide sustainable results for the communities we reach.
Why Helping Abroad Programs?

Best quality at the lowest price:

Many international volunteer organizations are more concerned with profit than meaningful international development. HELPING ABROAD, on the other hand, aims to offer the world’s most affordable programs so that volunteers of all income levels can travel and participate in high quality, meaningful, safe and rewarding projects. We are proud to offer the most competitive and transparent prices. Our prices are comprised of an application fee of $299 (covers advertising, office expenses, etc.) and a small weekly fee, which is paid directly to the host country (covers project coordination, room and board, project donation, etc.). We are dedicated to keeping costs as low as possible so you can easily serve humanity and enrich the lives of others.

Your fees are tax deductible:

HELPING ABROAD is a 501 C 3 organization dedicated to offering volunteer abroad programs to fit anyone’s budget willing to make a difference in the world. HELPING ABROAD is a 501C 3, therefore your program fee will be tax deductible.

Our Grassroots Approach

HELPING ABROAD directly collaborates with organizations in the field, allowing us to discuss community priorities, plan sustainable projects and make donations and payments directly to local organizations, orphanages, schools, clinics, host families, etc. Not only is this the most cost effective way to plan projects, but by participating in our programs, your fees will also be used to directly benefit the organizations you are helping with no middlemen.

A Well-Rounded Volunteer Experience

HELPING ABROAD volunteer programs are designed to support community development worldwide, but that’s not all! As a Helping Abroad volunteer, you will also have the unique and valuable opportunity to participate in language courses, cultural immersion, international adventures, nature excursions, country tours and much more. As you truly make a difference and enrich the lives of others, you will have endless opportunities for exploration and personal growth.

Knowledgeable Coordinators

HELPING ABROAD’s country coordinators are vibrant, reliable and organized professionals who work hard to thoroughly support you and make sure your experience is everything you are looking for. HELPING ABROAD in-country staff and coordinators are experienced in the field of international development and leading and organizing volunteers and their projects to ensure the utmost cultural experience.

Tailored Projects

HELPING ABROAD works directly with volunteers to tailor projects according to individual skills and interests. We work with our in-country coordinators to find the most suitable and effective program for each volunteer.

Comprehensive insurance coverage

Your safety is important to us. Our staff is experience and they work hard to research and select the safest projects and neighborhoods for the duration of your stay. HELPING ABROAD provides comprehensive insurance coverage to ensure that you are protected and secure throughout your program.
Why Volunteer in Ecuador

Be adventurous, give back to the world and volunteer in Ecuador for an unforgettable and meaningful experience. Ecuador is exotic and diverse and boasts endless tourist opportunities such as the renowned Galapagos Islands, the world’s highest volcano, the breathtaking Cotopaxi Mountain and the world’s largest indigenous market, Otavalo. On the equator and blessed with the Andes and the Amazon, Ecuador is justifiably a traveler’s paradise. Unfortunately, Ecuador is still disturbed with poverty and needs your help to enrich the lives of its local people. For this reason, Helping Abroad offers volunteer programs in Ecuador to provide assistance to orphanages, schools, clinics/hospitals, childcare programs and nonprofit organizations. If you want to be a part of meaningful international development while growing personally and professionally, volunteer in Ecuador and change the lives of others by sharing your passion and skills with less fortunate people. You will undoubtedly widen your views of the world, make lasting relationships, explore famous landscapes and gain a valuable experience. Whether you choose to teach and play with children or work alongside doctors, nurses and patients, your time and dedication will truly make a difference.

<table>
<thead>
<tr>
<th>Volunteer Projects</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Working in an Orphanage</td>
<td>Quito area</td>
</tr>
<tr>
<td>Teaching English in Rural Schools</td>
<td>Quito area</td>
</tr>
<tr>
<td>Medical/Healthcare Project</td>
<td>Quito area</td>
</tr>
<tr>
<td>Volunteer with Disadvantaged/Street Children</td>
<td>Quito area</td>
</tr>
</tbody>
</table>

Fees and Dates

*Helping Abroad volunteers Program starts every 1st and 3rd Monday of each month.*

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<table>
<thead>
<tr>
<th>Weekly Program Fee</th>
<th>1Week</th>
<th>2Wks</th>
<th>3Wks</th>
<th>4Wks</th>
<th>5Wks</th>
<th>6Wks</th>
<th>7Wks</th>
<th>8Wks</th>
<th>9Wks</th>
<th>10Wks</th>
<th>11Wks</th>
<th>12Wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quito</td>
<td>$295</td>
<td>$435</td>
<td>$575</td>
<td>$715</td>
<td>$855</td>
<td>$995</td>
<td>$1,135</td>
<td>$1,275</td>
<td>$1,415</td>
<td>$1,555</td>
<td>$1,695</td>
<td>$1,835</td>
</tr>
<tr>
<td>Galapagos</td>
<td>$535</td>
<td>$833</td>
<td>$1,131</td>
<td>$1,429</td>
<td>$1,727</td>
<td>$2,025</td>
<td>$2,323</td>
<td>$2,621</td>
<td>$2,919</td>
<td>$3,217</td>
<td>$3,515</td>
<td>$3,813</td>
</tr>
</tbody>
</table>

* Airport Pickup and Transfer (45 minutes) $45.00
* Spanish Lessons (10hrs a week, M-F), Quito Only $70/Week
* Comprehensive Travel Insurance $3.49/day
Program Start Dates

The programs of Helping Abroad start on 1st and 3rd Mondays of each month. We recommend volunteers to arrive on Sunday to begin their programs from the next day.

Project Skills and Education Requirements:

No specific skills, qualifications or experiences are required to volunteers except in Healthcare project, which accepts volunteers who are pre-med or med students or medical professionals. We general expect volunteers to be hardworking, patient, confident, enthusiastic and resourceful. In Ecuador, basic Spanish skills are preferred, but not mandatory. If your Spanish skills are poor, we recommend that you enroll in our Spanish Language Program to make your experience more efficient, effective and enjoyable both for you and those you help.

Your Life in Ecuador while Volunteering

Once you arrive in Ecuador, our in-country staff will meet you at the airport. You will have the chance to rest and get familiar with local staff and volunteers. Helping Abroad provides an orientation that comprises of an introduction of the local country, history, safety, rules, project information and a Q&A session. After the orientation you will be transferred to your accommodation, which will typically be with a host family.

Our host families are carefully chosen for safety and comfort. Volunteers will have the chance to live with the family and learn more about local daily life. Living with a host family is the prefect way to fully immerse yourself in a cultural exchange. Volunteers will share bathrooms and living spaces with their family and will either have their own room, or will share with another volunteer. Host families in Quito will provide three meals a day, breakfast and dinner. Meals will be typical meals to Ecuador. Vegetarians may request special meals, but must notify Helping Abroad in their application.

In-country support, safety and comfort are Helping Abroad’s top priorities for their volunteers. Our staff is reliable and ensures that volunteer experiences are meaningful, rewarding and captivating. Our staff in Ecuador is consistently in contact with our volunteers and regularly makes visits to projects and/or accommodations. Furthermore, they are always available by phone/email. Volunteers will have an in-country coordinator to assist them with any question, concern, or emergency 24/7. Helping Abroad staff will constantly make sure that your volunteer experience meets your expectations and that your time in Ecuador is cherished. No matter what, you will always feel like you have a team behind you to support you in any way necessary.

All volunteers will receive a pre-departure packet including details about the country, your program, food/accommodation, in-country contact information, what to bring, health information, etc.

<table>
<thead>
<tr>
<th>Included in fee</th>
<th>Not included in fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accommodation for project period</td>
<td>International flights</td>
</tr>
<tr>
<td>3 meals a day</td>
<td>Passport and visa fees</td>
</tr>
<tr>
<td>Donation to project</td>
<td>Immunizations</td>
</tr>
<tr>
<td>Field support</td>
<td>Personal food and beverages</td>
</tr>
<tr>
<td>Project coordination</td>
<td>Entertainment</td>
</tr>
<tr>
<td>Emergency support</td>
<td>Local transportation</td>
</tr>
<tr>
<td></td>
<td>Laundry</td>
</tr>
<tr>
<td></td>
<td>Communication (telephone, internet)</td>
</tr>
</tbody>
</table>
Applying for the Ecuador Volunteer Program

■ Please use our online application to begin the process. Participants are required to submit their application with a $299 application fee plus the program fee for the number of weeks you choose.

■ Once Helping Abroad receives your application, we will immediately forward it to an in-country coordinator for processing. It usually takes about 1-3 weeks to process an application. The in-country coordinator will review your application thoroughly in order to place you in a project that matches your interests and abilities. Depending on the location of the project, details about your stay including your accommodation, etc will be confirmed at this time. Most Helping Abroad volunteers are immersed culturally by staying with host families.

■ Helping Abroad will receive details about volunteer placements from the in-country coordinator.

■ Helping Abroad will then send the volunteer a pre-departure packet with project details. The volunteer will also receive an invoice for payment. Final payment is due six weeks prior to departure. The pre-departure packet will include placement details, contact information for in-country staff and host families, visa requirements, food/accommodations, etc. You should prepare for your trip by reading about the country, acquiring your visa, getting the necessary immunizations, and booking your airline ticket. You can contact Helping Abroad staff if you have any questions or concerns.

■ IMPORTANT: Once volunteers purchase their airlines tickets, we ask that they send their flight information to Helping Abroad’s U.S. office by fax or by email so the in-country coordinator can arrange an airport pickup upon arrival.

Arriving in Ecuador

Please book your flight to arrive at Quito International Airport. The Helping Abroad country coordinator will be waiting for you at the “arrival” gate. Please look for a person with both the Helping Abroad’s company logo and your name on a sign card. In case your contact person is not there, please contact the Helping Abroad office and we will immediately follow up on your contact person whereabouts. Coordinators’ contact details are available in the pre-departure handbook. If your flight is delayed, immediately contact Helping Abroad so we can make adjustments to your program. Helping Abroad will be responsible for creating the necessary changes in your program.

The program fee covers expenses from the first day of the program to the last day of the program. If you arrive before the first day of the program and/or stay beyond the last day of the program, you will be responsible for these expenses.

Visa Requirements for Ecuador

It is the volunteer’s responsibility to acquire a tourist visa. Please contact either our office or the local Ecuadorian embassy to learn more about the process for obtaining a visa, timelines, visa fees and visa extensions.

Staying Healthy while Volunteering

Volunteers should be aware of all health and safety information before traveling to Ecuador. You can read about health and safety in Ecuador at some of the websites listed below:

- WHO website for international travelers (http://www.who.int/csr/ihr/en/)
- WHO Mexico (http://www.who.int/countries/en/)
- Centers for Disease Control & Prevention (http://wwwnc.cdc.gov/travel/)
Health tips while in Ecuador

- Drink only bottled or boiled water. Avoid tap water and ice cubes.
- Buy bottled water from reliable suppliers and make sure the bottle is well sealed.
- Avoid eating food from street vendors and unclean restaurants. Eat only peeled fruit and avoid raw vegetables. Cooked and hot food is always safer.
- Protect yourself with insect repellent.
- While traveling in warm climates, always drink enough water and protect yourself from the sun by wearing hats, using sunglasses & applying SPF/sunscreen.
- Pharmacies are widely available for your convenience and medical advice. If you need to see a doctor, your in-country coordinator can help you sort out any medical needs.
- In Ecuador, most over the counter medicines are available in pharmacies, but if you take prescription drugs, we recommend that you bring enough for the length of your trip. We also recommend that you bring a basic necessities that you may need such as Band-Aids, hand sanitizer, sunscreen, stomach/digestive medications, antibacterial cream, insect repellent, etc.

Vaccination:

We strongly recommended that volunteers obtain vaccinations before arriving in Ecuador. You can speak with your health-care provider to determine which vaccinations you will need. Please read CDC recommendations about vaccinations and preventive medicine: [http://wwwnc.cdc.gov/travel/destinations/Ecuador.htm](http://wwwnc.cdc.gov/travel/destinations/Ecuador.htm)

Thank you for the interest you have shown in Helping Abroad’s safe, affordable and meaningful projects. Please note that the information presented in this brochure may not be up-to-date. For up to latest information please visit our website or call our office.