



## Aid to Children and Adults with Down Syndrome

### Highlights

- Seeing the children and adults gradually develop their skills and capabilities with your help.
- Learning about different therapies that can assist people with Down Syndrome.
- Extending your time in Ecuador and ending your trip with an excursion to the Galapagos! (At own expense).



### About The Project

In 1990, a not-for-profit foundation was established, dedicated to helping people with chronic illnesses and disabilities, and to provide free medical services for those in need. Seven years later, the foundation created a Special Educational Institute and Rehabilitation Centre for children and adults with Down syndrome, and babies and children with special needs, autism, speech difficulties and psychological problems. This is the center at which you will be based as a volunteer.

### Volunteer Role

The first Monday at the Academia is an orientation day. All new students and volunteers go on a city tour of Quito to get to know the city and learn how to get around and use the public transport system. In the afternoon there's an information session in which you will learn about the Academia, as well as about important issues such as security, do's and don'ts in Quito, accommodation, volunteer work etc. Your volunteer work will start on the Tuesday of the first week.



Depending on experience and qualifications, volunteers will assist with the following – language therapy, physical therapy, health programmes, teaching, recreational activities, sports and meal-times. In the mornings, the patients receive physical therapy and as a volunteer you will assist with tasks such as helping to develop writing and drawing skills. You will help the therapists with whichever tasks they are undertaking on

a daily basis. Once a week, you will accompany the patients and staff to therapeutic horse riding sessions and every fifteen days, the patients receive therapy in the swimming pool, which you will assist with.

As a volunteer you will work from 8.30am until 1pm at the centre. Your weekends will be free to spend as you wish.



### **Location**

The project is located in Quito, 10 minutes by bus from the Academia.

Lying at 2,800 meters above sea level, and about 15 miles south of the equator, Quito is a city of sun and sky surrounded by mountains, with three snow-capped volcanoes in view on a clear day. Its climate has been described by many as eternal spring, due to its high altitude and its location close to the equator. It has a daily average temperature of about 70°F / 16°C.

Quito has plenty to offer in terms of culture and entertainment. The city is brimming with bars, restaurants and clubs, as well as cinemas, shops, museums, art galleries and markets. Nearby there are local attractions such as the 'TeleferiQo' cable car, providing stunning views of the city, and the 'Middle of the World Museum' where you can stand with one foot on the southern hemisphere and one foot on the northern! The area of Quito known as the 'old town' is also a must with incredible colonial architecture. If you enjoy shopping then you'll be pleased to hear that Quito is Ecuador's most important marketing center for the country's artisan products, lying very close to some of the major production areas and indigenous markets!

As the capital city, Quito has good communication and transport links to the rest of the country, as well as other parts of South America. Its location makes it ideal for access to Ecuador's beaches, mountains, cloud forests and of course the Amazon and the Galapagos!

### **Accommodation**

You will stay either at the student residence or with a host family. Host family accommodation includes a private room, breakfast, dinner and laundry service. Singles, married couples and parents with children can all be accommodated. It is also possible to stay at the student residence located within the school grounds itself. Here you will self cater - there is a large supermarket very nearby and a fully equipped kitchen at the residency.

### **Requirements**

Volunteers must be able to commit to at least 4 weeks at the project in order to allow time to build up trusting relationships with the children, adults and staff. You do not need to be medically qualified to participate in this project as the staff will provide the necessary training for many activities with which they require volunteer assistance.

All volunteers must hold at least an intermediate level of spoken Spanish. If your Spanish is at a lower level, you must join our Spanish language school prior to

commencing your volunteer work. This is vital in order to allow you to build up a good rapport with the children, teenagers and staff.

When choosing to volunteer in a developing country such as Ecuador, it is important to remain flexible as the needs of the project are constantly evolving. This is what makes volunteering so rewarding – the fact that you are on hand to lend your support when and where it is needed. By choosing Academia Latinoamericana de Espanol you will have a comprehensive safety network behind you as we are here to help throughout the duration of your entire stay!

### **Feedback**

*“As a volunteer you work with the therapists in many different areas. The children have a very strict schedule because they have so much to learn, particularly things that come naturally to other children. You need to be patient and hard working on this project because the children need help all the time. I really enjoyed working with them and learnt a lot.”*

*Selina Abderhalden, Germany*

### **Programme Fee Includes**

- Accommodation
- 2 meals per day if staying with a host family
- Project Support
- A donation directly to the project
- Orientation and city tour
- Pre-departure information
- Laundry service if staying with a host family
- 24 hour emergency support

### **Programme Fee Does Not Include**

- International flights
- Transportation from your accommodation to the project
- Meals if staying at the student residence
- Laundry service if staying at the student residence
- Visas
- Travel Insurance
- Inoculations
- Excursions over and above the itinerary

### **After Your Project – Travel Ideas**

We are fully equipped to help you with making weekend travel arrangements, and onwards travel arrangements following your time in Quito. We work with the best tour companies to offer safe, reliable and competitively priced trips. Some of the most popular trips include:

- Otavalo – a famous Saturday market offering a dazzling array of textiles, crafts and jewellery just a couple of hours from Quito.
- Papallacta - 8 natural hot springs in which to soak away the day! A great day trip from Quito.
- Cotopaxi – you can choose to hike this immense volcano, or take a more moderate tour to see it!
- Banos – great for trekking, mountain biking, rafting and taking a dip in the hot baths! This makes for a nice weekend break from Quito.
- Mindo Cloud Forest – swing in a hammocks, spot exotic birds and animals, bathe in waterfalls, float down the river in inner tubes, trek and horseback ride! All this and near enough to Quito to make it a great weekend excursion.

- The Amazon – A fantastic option for those looking to travel after their volunteer project. Stay in rustic jungle lodges, swim with pink river dolphins, search for anacondas and swing in hammocks!
- The Galapagos! Ecuador's true gem! Experience for yourself the exact places Charles Darwin got his inspiration! Take a cruise around the beautiful islands and spot seals, turtles, sharks, albatross, blue and red footed boobies, iguanas and more as you trek, swim, snorkel and explore! An unforgettable way to end your time in Ecuador!

**Apply Now**

If you have some further questions about this project, please feel free to contact us at [info@latinoschools.ec](mailto:info@latinoschools.ec)

If you would like to book this programme, please [click here](#) to complete the booking form. We will be in touch within one week of application to confirm your booking!