



Amazon River & Rainforest

Adventure • Sustainability • Culture

ECUADOR

25-DAY

TUITION: \$5,625

HIGHLIGHTS:

- ▶ Wilderness First Responder (WFR) certification
- ▶ Leave No Trace (LNT) trainer certification
- ▶ NCOAE Curriculum for outdoor educators, teachers, and trip leaders
- ▶ Gain experience in international travel, risk management, environmental studies, plant and animal identification, outdoor leadership, and more

WHY TAKE THIS COURSE?

- ▶ Develop Whitewater Rafting skills
- ▶ Advance your knowledge of environmental sustainability and outdoor education curriculum — while learning in Ecuador's wild, beautiful places
- ▶ Discover which areas of outdoor and environmental education are best suited to your strengths
- ▶ Acquire the skills needed to travel in pristine destinations around the world!

WHERE YOU'LL BE:

- ▶ Quito, Ecuador
- ▶ Andes Mountains
- ▶ Amazon River
- ▶ Sustainable Chocolate Farm
- ▶ Otavalo Market



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** Flights to/from destination not included in tuition.
For complete itinerary details, see reverse side.*

ECUADOR — AMAZON RIVER & RAINFOREST ITINERARY *(Subject to change)*

- ▶ **Days 1 – 5: Orientation and Wilderness First Responder training.** The first 5 days of your training are spent at The National Center for Outdoor & Adventure Education's (NCOAE) main campus in Wilmington, North Carolina where you will complete the Wilderness First Responder training portion of your course. In the evenings, there will be time to complete final logistics for your trip.
- ▶ **Day 6: After a morning airport pickup, we'll drive 30 minutes outside of Ecuador's capital to our basecamp, located in the foothills of the Andes —** Your group will enjoy spending its first in-country days based at Palugo farm, a permaculture project integrating sustainability, community, and adventure living in the outskirts of Quito. Here we rise with the sun to help with daily tasks that sustain life on the farm, such as splitting firewood for cooking, cleaning, gardening, milking, and animal work.
- ▶ **Days 7 – 9: Introduction to basic camp craft, environmental sustainability, and the NCOAE core curriculum.** While at the basecamp we'll learn about permaculture and sustainability in a mountain environment, while continuing to help with various farm activities. As we prepare for our expedition we'll focus on building our community and participate in Leave No Trace (LNT) training, expedition planning, preparation, dehydrating food, backcountry navigation skills, and packing gear needed for our adventure. We will use these days to introduce you to the NCOAE Curriculum, 'the First 48' and our 'Ed Groups' — the most important technical and interpersonal skills you will need to know for your expedition.
- ▶ **Day 10 – 12: Multi-day Amazon River trip.** Travel by bus to the Amazon basin. As you descend from 9000ft to 3000ft, view breathtaking changes in scenery – from snowcapped volcanoes to cloud forest to the magical greenery and lushness the Amazon basin provides. The group will head out onto the mighty Amazon with only rafts, paddles, tents, and the basic necessities to enjoy life by the river. Camp along the riverbank gorge, where toucans nest and the river is home to an array of life.

You'll practice backcountry camping skills during your multi-day journey. It's during these days that you'll be able to hone your skills and develop your newfound outdoor leadership style, while practicing the principles of LNT, map and compass navigation, plant and animal identification and backcountry cooking — eating wonderful food you'll prepare.
- ▶ **Day 13 – 14: Entry-level training in whitewater rafting.** Learn to the basics of river ecology and how to paddle Class II and III rapids. Your whitewater adventure continues as you discover how to read the currents of the river and guide a raft and command the raft crew as you navigate rapids. By the end of this paddle, you may even choose to pursue a summer job in the whitewater industry!
- ▶ **Days 15 – 17: Cultural Immersion on the Amazon.** Navigate your rafts downriver, reaching a Kichua community, an indigenous community in this remote land, where the people are as rugged as the jungle. We'll spend a few days living and working with the locals. Rise early in the morning to drink wayusa tea and share dreams, then help harvest and replant yucca and plantain that will feed us. Learn to carve pilche bowls in hammocks by the fire.
- ▶ **Days 18 – 21: Chocolate Farm Visit.** Your journey continues, as we make our way to a jungle cacao farm. Spend time cooking on the fire, while you visit with the local children and help to look after this regenerative piece of land. The days will fly by while drinking our homemade chocolate and gaining a deeper understanding of the "Lungs of the Earth". As you spend time engaging with traditional cultures and seeing the changes which they face today, you will come to realize the impact you can have within your own lives – by supporting community tourism, reforestation, and quality education. These are all part of a way to conserve traditions and empower new generations.
- ▶ **Day 22: Visit the Otavalo market —** One of Latin America's largest indigenous craft markets.
- ▶ **Days 23 – 24: De-issue, gear cleanup, and Closing Circle.** Return to Palugo Farm base camp where we'll check our gear in and debrief the course. Before departing, we will celebrate our individual and group accomplishments and share a one-of-a kind closing circle — a fitting transition to begin your journey as an outdoor leader.
- ▶ **Day 25: Departure from Quito, Ecuador.**