



General Information. Ecuador

Estudio Sampere Cuenca

The following information is meant to serve as a basic guide for students of **Estudio Sampere** in Cuenca.

Naturally more details can be found in guide books on Ecuador and South America, but our purpose is to provide important information about our School.

Climate

Ecuador is a country that is located on the equator (hence, its name) but it is crossed by the Andes mountains reaching heights of over 6,000 metres and its climate is influenced by warm and cold ocean currents.

Actually, Ecuador is a combination of tropical rain forests, cold snowy mountains, sheltered valleys and any other climate you can imagine. Cuenca is located at 2,500 metres above sea-level and enjoys a relatively stable climate year round. Morning temperatures are around 6°C (42°F) or 7°C (44°F); midday temperatures range from 18°C (62°F) to 24°C (75°F) and evening temperatures are between 12°C (53°F) or 13°C (55°F), but you must not forget that the humidity characteristic of this tropical zone affects body temperature. We recommend, however, that you do away with the mistaken notion that you will be going to a country that is consistently warm and humid. Instead, imagine spring-time weather with occasional showers and midday sun -this is Cuenca's climate. Bring clothing for different types of weather, a rain jacket, comfortable walking shoes and sun protection.

Arriving at Quito

Cuenca, the city that is home to **Estudio Sampere's** only School in Latin America, does not have an international airport. Therefore, it will be necessary to make travel arrangements to Quito, the country's capital (if for any reason your international flight is scheduled to arrive at Guayaquil, we can arrange your reception and transfer there). When you get off the plane you should head for the immigration counters with your passport and landing card already filled out (you will be given your landing card on the plane before landing). Then proceed to pick up your luggage at the indicated baggage claim. **If you have requested and booked the transfer Quito-Cuenca with your course: At the door to the only exit from immigration you will find a guide with a sign from Estudio Sampere.** The guide will inform you of when your flight, on Sundays, for Cuenca leaves and will take you to Hotel Akros-Quito where a room will have been reserved in your name. The Hotel will inform you about your flight to Cuenca and is in charge of the transfer procedures to the Airport. Be sure to check your transfer time at the Hotel Akros counter. The flight to Cuenca takes about 40 minutes.

If for any reason the guide is not there, wait a few minutes; if the guide does not show up -as the result of a change in flight plans or because the international flight was delayed- take a taxi to Hotel Akros-Quito, located at the streets of Avenida 6 de diciembre N34-120. The telephone number of the hotel is (593 2) 243 06 00.

We will be waiting for you at the airport in Cuenca with a sign from **Estudio Sampere** and will take you to the accommodation you had previously chosen.

Emergencies in Quito: Transfers and lodging: 243 0600.

Tickets: 0 9843 7683 / 0 9801 6881

Grupo Global counter at the airport for ticket issues.

Arriving at Guayaquil

If your flight is scheduled to arrive to Guayaquil instead of Quito, procedure will be similar. The address of the hotel in Guayaquil in case you do not find the guide or your flight is delayed is:

Hostal Orilla del Río, Ciudadela Entre Ríos, Manzana K-1, Villas 8 y 9, Calle Séptima entre Río Vines y Río Guayas, Guayaquil. Tel.: (593 4) 283 5394. We will be waiting for you at the airport in Cuenca with a sign from Estudio Sampere and will take you to the accommodation you had previously chosen.

Emergencies in Guayaquil: Lodging: 2835394.

Tickets and transfers: 0 9801 6881 (Grupo Global counter at the airport).



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Changing money

Students are recommended to bring US dollars, the standard currency in Ecuador. You can also use a major credit card such as Visa, Mastercard or American Express.

Accommodation

If you have chosen accommodation with a family through the School you will need to know a few important details.

The family will give you three meals a day. The custom, which you should respect, is to have a light breakfast, lunch or "almuerzo" (as the midday meal is referred to in Ecuador) and a snack or light supper. Breakfast, usually served early, consists of fruit juice, a choice of chocolate, tea or coffee with milk, and bread with butter and jam. Lunch is usually served at 1:30 pm and generally consists of three courses: soup (made with vegetables or potatoes or a typical soup of the region), a "main course" (usually meat, chicken or fish served with salad and almost always with rice) and dessert (fresh fruit or fruit in syrup, or cake or other speciality). You can request typical dishes of the region. Supper is very similar to lunch but soup is rarely served at night. In many homes only a light supper is served. It must be kept in mind that the family that receives a Sempere student is not a business professional and that the relation should be a personal one. Most times the family considers the student as another "son" or "daughter" or as a friend and invites him or her to participate in everyday household activities. Therefore, it is hoped that the student will act in the same way.

Arrival at the School

You will receive basic information on the city and the family as well as a map of Cuenca. On Monday at 8:00 am you will take a placement exam. At the School you will meet with Juan Martínez Borrero, the Director, and also with María Cecilia, his assistant. You can discuss any matter with them in the utmost confidence. María Cecilia gives students invaluable assistance, making airline reservations and advising students on the various possibilities for travel in Ecuador. At 10:00 am Juan will accompany you on a brief visit of the city and at noon you will return to the School where you will be informed of your level and schedule of classes. All the teachers have a university degree and are certified in the **Estudio Sempere** teaching methodology. Apart from classes, teachers also accompany students on excursions and specially programmed activities.

Pocket money

If you are staying with a family which includes three meals per day, you should expect to spend 20 to 30 US\$ per week on buses, taxis, snacks and other miscellaneous items. If you are staying in a hotel with breakfast included, you should expect to spend 50 to 70 US\$ per week.

Of course you can spend much more! We strongly recommend that you travel in Ecuador, and our Secretary will be glad to help you with directions and reservations.

For 40 to 60 US\$ you can expect a weekend anywhere in Ecuador including public bus fare, budget accommodation and local food. Excursions to the Galapagos are expensive and prices, including air fare, and accommodation start at 800 US\$ (4 days/3 nights).

Special activities

The special activities programmed for the evening are designed for students to acquire a better understanding of local culture. The School invites its students to take cooking classes to learn the local dishes and to take regional and Latin American dance classes. The school also offers a culture programme with formal lessons, visits to museums and other activities. Students are also invited to painting, photography and sculpture exhibits. We also handle arrangements to go to plays, films, concerts, sports and other events. Special activities are announced weekly on the School bulletin board. Despite the fact that it is a small city, Cuenca is rich in cultural activity.



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Excursions

The School programs two/three full-day excursions per month on Saturdays. Normally the excursions begin at 9:00 am and return to the School at 5:00 pm. Among such excursions we can point out the day-trips to Ingapirca (the most important archeological ruins of Ecuador, located at 100 Km from Cuenca), the trip to Cajas Natural Park (a picturesque mountain area of beautiful lagoons located at 30 Km from Cuenca), the excursion to Gualaceo and Chordeleg (a region of craft villages and interesting local gastronomy located at 45 Km from Cuenca) or the trip to the Chorro de Girón (where you will take a hike through mountainous jungle, located at 30 Km from Cuenca). These are exceptional opportunities to get to know the rich variety of landscapes and the culture of Cuenca and its outlying area. Students are expected to pay entrance fees, guides and other small expenses.

Insurance

There are good Doctors and Hospitals in Ecuador and they are not expensive. However, be sure to take out insurance, such as MONDIAL ASSISTANCE or similar.

Some important addresses and phone numbers:

Estudio Sampere: Hermano Miguel 3-43 y Calle Larga (Escalinata).

Telephone: 2823960, 2841986.

Juan Martínez Borrero: Home phone: 2890459. Mobile phone: 099404534.

Private Doctor (House Calls):

Dr. Pedro Martínez: Telephone 2810211.

Home phone: 2890686.

Messages: 2843090 (say you are a student from the Sampere School).

Emergency hotel in Cuenca:

Hotel Inca Real, calle General Torres, 8-40, entre Sucre y Bolívar.

Tel.: (593 7) 2823636 / 2825571.

Fax: 2840699.

Emergencies in Quito:

Transfers and lodging: (593 2) 430 600 / (593) 0 9415 3554.

Tickets: 0 9801 6881 / 0 9843 7683 - Ixatours Grupo Global.

Emergencies in Guayaquil:

Lodging: 2835394.

Tickets and transfers: 0 9801 6881 / 0 9843 7683 - Ixatours Grupo Global.

National Holidays 2009

	FEB	APR	MAY	AUG	OCT	NOV
CUENCA	23*	10	1	10*	9	2*

*Monday. The Sampere School will be closed during some National and Local Holidays.

There will be no make up classes due to National or Local Holidays except for One-to-One courses (5 to 40 lessons).

Intensive courses will be suspended from December 19, 2009 to January 3, 2010.

One-to-One courses and special courses will take place during Christmas except on December 25 and 31.

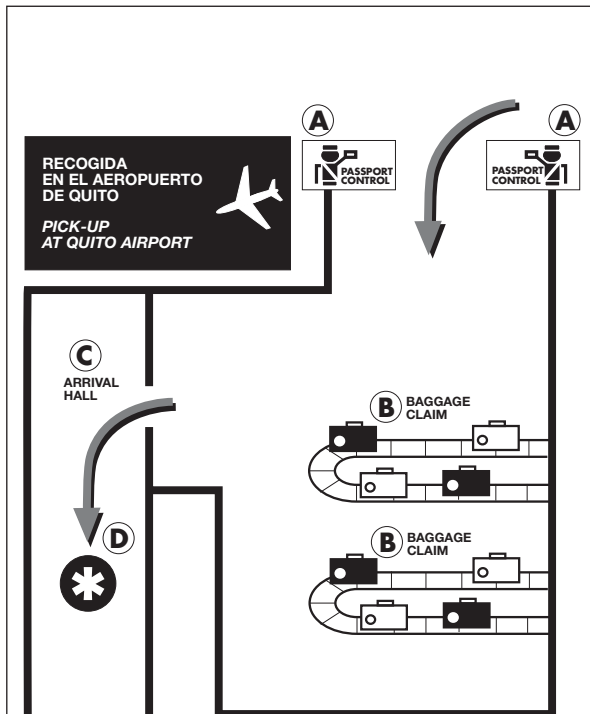
There will be no make up of any course, including One-to-One, due to absences of the student.

MIS NOTAS

Ecuador Info: www.vivecuador.com



Quito Airport and Maps of Ecuador and Cuenca

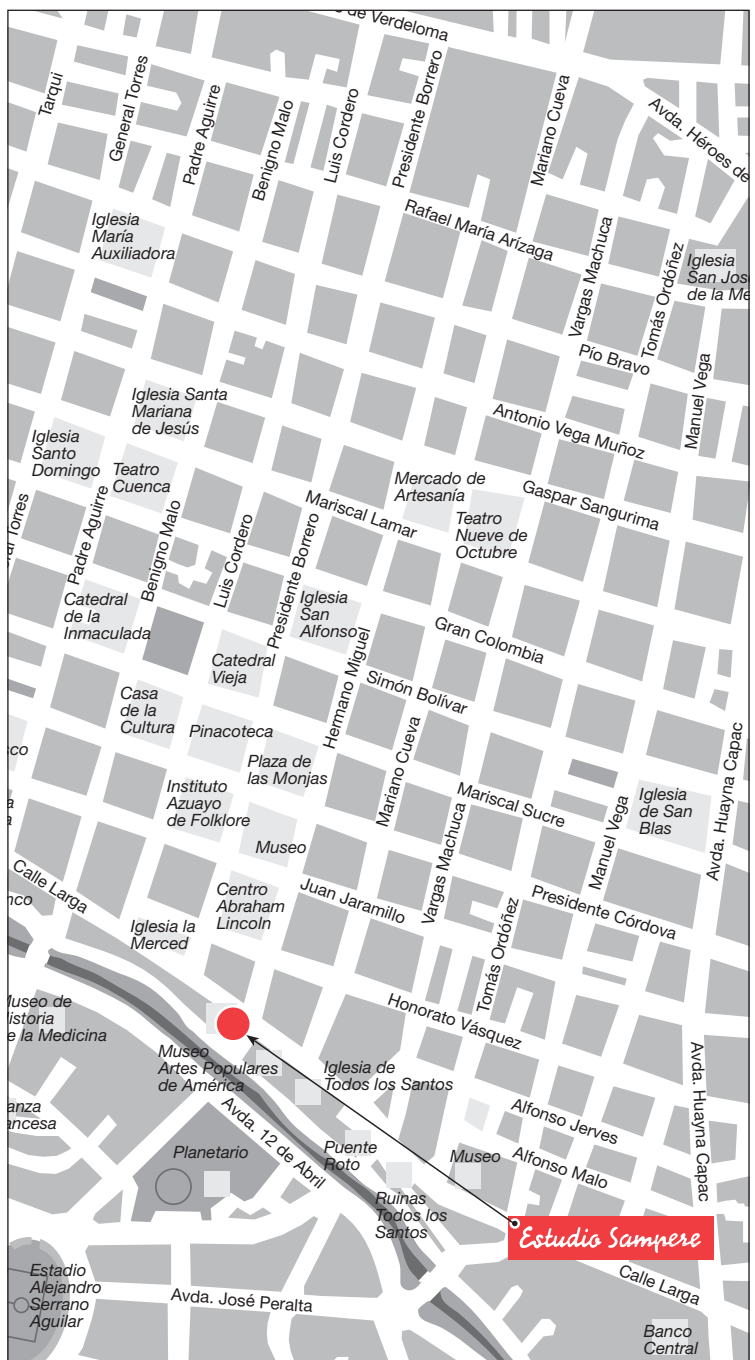


Si usted solicitó el servicio de recogida en el aeropuerto, por favor siga las siguientes instrucciones:

- A** Pase el control de pasaportes.
- B** Recoja su equipaje.
- C** Salga del hall de llegadas.
- D** Quédese en el punto. *

If you have asked for the transfer service from Quito airport please follow these instructions:

- A** Go through passport control.
- B** Pick up your luggage.
- C** Exit the arrival hall.
- D** Stay at the point marked where you will be met. *



ESTUDIO SAMPERE:
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 CUENCA (ECUADOR)
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