

VOLUNTEERING IN AMAZONIA

14D/13N

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EMBARK ON AN UNFORGETTABLE JOURNEY TO THE ECUADORIAN AMAZON RAINFOREST!

We are honored to invite you to join us in the Amazon rainforest of Ecuador, South America. - We promise you a meaningful journey you will never forget.

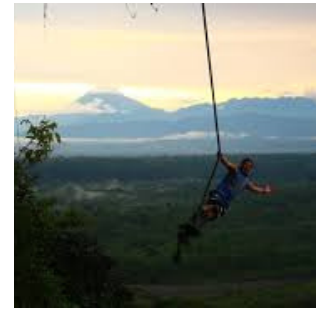
The Amazon rainforest is one of the most diverse and beautiful places on Earth, home to an incredible variety of plants, animals, and indigenous communities. Our journey will take you to the heart of this incredible ecosystem, where you will have the opportunity to explore the jungle, learn about the incredible flora and fauna, and immerse yourself in the culture of the indigenous people who call the jungle home.

This trip is designed specifically for young people who wish to broaden their knowledge and understanding of the world around them. The program includes the following components:

Adventure and learning: youth learn about the diversity and environmental importance of the Amazon rainforest. Jungle hikes, boat rides, and community walks with trained indigenous guides provide hands-on learning.

Culture and people: Youth have the opportunity to connect with the people of the Amazon, learn about traditional medicines and foods. It is an opportunity to learn about the importance of culture, sustainable living, and the role of indigenous communities in the preservation of the Amazon rainforest.

Service Project: Youth will participate in a volunteer service project in support of local communities. We are happy to collaborate with you to develop and offer your students a first-class educational experience.



ECOLOGDGE IN THE HEART OF THE AMAZON

Located on the banks of the Napo River, a tributary of the Amazon, Minga Lodge & Reserve takes guests on an adventurous journey to discover the spectacular natural environment and culture of this fascinating region.

Set on more than 700 acres of rainforest, we offer exclusive and immersive experiences that unite culture, community, conservation and wellness. Explore the reserve's unique biodiversity, revitalize yourself with a canopy walk, and nourish your well-being with delicious superfoods grown on-site.

At the end of the day, retreat to your own canopy sanctuary: modern, air-conditioned luxury cabins with glass windows framing the beauty of the forest.



Project

Volunteering and Service in Local Communities

Immerse yourself in impactful community engagement initiatives as you work alongside local community members on a variety of projects aimed at improving education, sustainable agriculture and environmental conservation. From teaching English to participating in reforestation efforts, every day offers opportunities to forge meaningful bonds and contribute to positive change.

Put your passion for environmental protection into practice by participating in conservation projects aimed at protecting the Amazon's delicate ecosystem. From wildlife monitoring to sustainable resource management, your efforts will contribute to the conservation of this priceless natural treasure.

Connect with members of the Local Community.

Immerse yourself in the rich traditions of Amazonian culture through immersion activities and exchanges with indigenous communities. Learn traditional handicrafts, share meals made with local ingredients and listen to captivating stories passed down from generation to generation, deepening your knowledge of the region's heritage.

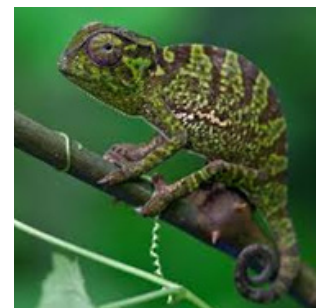
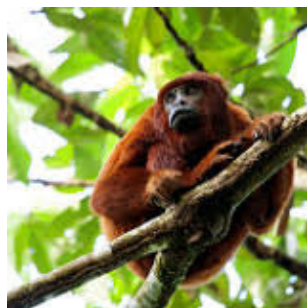
Meet with a local women's group and learn about the role of women in traditional culture. Learn about the handicrafts that play an important role in generating income for the household.



A sample of unforgettable activities

Discover the Extraordinary Biodiversity of the Tropical Rainforest

Guided by local indigenous experts, go deep into the primary and secondary rainforest to discover its unique flora and wonderful fauna.



Savor the local flavors with a Kichwa cooking class.

Start with a visit to a local farmer and help him harvest fruits and vegetables while learning about his life. Join our chefs in a traditional cooking class that transforms local ingredients into delicious traditional dishes such as fish wrapped in palm leaves.



Discover the secrets of chocolate making (and taste it!)

Meet with farmers who supply beans to a French chocolatier and learn how to make chocolate from cocoa beans. Visit our professional test kitchen for a chocolate tasting complemented by familiar and unique ingredients!



Savor, savor, lift your spirits: a coffee tasting experience

Meet with farmers who supply beans to a French chocolatier and learn how to make chocolate from cocoa beans. Visit our professional test kitchen for a chocolate tasting complemented by familiar and unique ingredients!



Location (Project Site): Province of Orallena area of Chontapunta

Volunteering Schedule : 8 h per day from 7:40 am - 11:40 am / 14:30 pm - 17:00 pm

Volunteer Activities :

- Familiarization Talk
- Induction and Training
- Demonstration Plots
- Melipona Rescue Centers
- Integrated Nursery Management
- Nutrition Campaigns
- Filling of bags, pruning, cleaning, preparation of biol and substrate.
- Delivery of seedlings for reforestation of edible forests
- Regeneration of women's farms
- Support in the greenhouse for food production
- Monitoring and maintenance of Meliponarios (conservation of native bees).
- Support workshops in schools, against wildlife trafficking.
- Monitoring and data collection

Minimum Collaboration : 12 days

Included :

- Transfer in and out to the hotel upon arrival to the mainland in the city of Quito.
- Accommodation for the day of arrival and one day before departure: total 2 nights.
- Transfer to the Los Rios site from where you will be picked up and taken to the hotel where you will stay and serve as a base for volunteer activities and sightseeing.
- Accommodation in multiple rooms with private bathrooms and hot water.
- Biodegradable amenities
- Accompaniment and guidance during volunteer activities.
- Cultural, community, and wildlife tourism activities are detailed in the itinerary.
- Orientation talk
- Transportation in the Amazon during the execution of the itinerary.
- Three meals a day.
- Wifi
- Tourist Activities Included
- Equipment for the development of the activities such as rubber boots, water ponchos, head flashlights, etc.

Not Included :

- International flights
- Bottled drinks, specialty coffee, alcoholic beverages. These are for sale at the Lodge if passengers wish to purchase them privately.
- Laundry service. Which can be requested at the hotel for an additional cost.
- Tips
- Extra expenses
- No activities not detailed in the itinerary.

1

Day



Transfer in Ecuador – Arrival at Quito Airport



Welcome to Quito !

The tour starts at the moment of your arrival in Ecuador, a specialized driver will pick you up at the airport in Quito to accompany you to the hotel, where you will rest. Lodging in Quito.



Meals: None



Accommodation: Hotel in Quito

2

Day



Transfer to Colonia de los Rios / Transfer to the Base Hotel to start the activities in the Amazon.



Departure from Quito at 7:00 am. We will start our trip to the entrance to the Ecuadorian Amazon; we will make a stop to have breakfast and continue to Colonia Los Rios where they will be waiting to take us to the hotel, which will be our base and from where we will make all our movements to carry out all our activities the following days in the Amazon. First, we will have a delicious lunch upon arrival and then you will have some time to freshen up and finish getting settled in your rooms. Then we will continue with the first activity, which is a hike to the first viewpoint to see the jungle sunset, which is truly spectacular. Afterwards, we will enjoy dinner and a good night's sleep.



Meal: Breakfast , Lunch and Dinner



Activities: Hike



Accommodation: Volunteer Hotel

3

Day



Jungle Expedition, Orientation, Induction and Shaman's Visit



We get up early in the morning to cross the river and meet the chiva that will take us on a tour in the jungle to observe birds, flowers and plants of the area that show us an exuberant beauty. In addition, to be able to breathe the air of the Amazon at sunrise amidst the very specific sounds of animals, which sound in an almost symphonic chorus, is really impressive. After this activity we return and enjoy a delicious breakfast. We continue with a time to freshen up and then we will meet for a briefing to familiarize ourselves with the areas of the lodge and the places where we will develop the different activities. Afterwards we will have lunch and a rest time and then join again an induction and training by the project leaders to understand more about the communities we will be sharing with and the projects we will be part of. Additionally, we will have the opportunity to answer any questions the volunteers may have up to this point.

Once we have finished with the induction, we will continue to the dining room to enjoy a delicious dinner and have time to rest and refresh ourselves before the next activity.

Around 8:00 pm we will gather in the hut near the central social area, where we will live the experience of the Shaman's welcome to the Amazon rainforest, which is a blessing to start our activities in the community, which will begin the next day. This experience is really enriching and allows us to immerse ourselves in the indigenous cosmovision and connect with this state of consciousness that teaches us a living earth.



Meals: Breakfast , Lunch, Dinner



Activities: Orientation



Accommodation: Volunteer Hotel

4

Day



Volunteer Day Agricultural Learning Center



Full day of volunteering at the Agricultural Learning Center

Our work will begin at 7:40 am and the first day will end at 12:00 noon with the following activities:

- Demonstration Plots
- Melipona Rescue Centers

At 12:00 noon we will have lunch.

In the afternoon :

- Integrated nursery management
- Filling of casings, pruning, cleaning, preparation of biol and substrate.

At 18:00 return to the hotel for refreshments and a well-deserved rest before enjoying dinner and a well-deserved rest.



Meals: Breakfast - Lunch , Dinner



Activities: Volunteering



Accommodation: Volunteer Hotel

5

Day



Walk to the Demonstration Plot/Recreational Activities in ALC/Honey Tasting, Chocolate Processing, Superfood Tasting.



We start early with breakfast. Once we have finished, we prepare for a hike into the forest that will last between two or two and a half hours, depending on our hikes. As we go into the forest, we will be able to observe various species of insects and flora typical of the jungle, but our main goal is to reach the plots that have been worked on for some time, where specific species are gathered to help us concentrate an area to collect oxygen. For now it is only demonstrative, but our idea is that it will grow enough to become a natural lung in our reserve. This project has many interesting technical aspects that we love to share with our visitors.

At 12:00 noon we will have lunch.

We continue visiting one of our largest projects, the MINGA Agricultural Learning Center With over 170 acres, the MINGA Agricultural Learning Center is a space for farmers to acquire new and improved techniques, gain confidence in their skills and succeed in their work.

Visit Taste Alley, where you can sample some of our seasonal fruits and vegetables that might be new to you. Take note of all the superfoods you find along the way. Plus, check out the origins of the cocoa you'll use to create your own delicious chocolate bar! Afterwards we return to the Hotel for a rest and a delicious dinner.



Meals: Breakfast , Lunch , Dinner



Activities: Recreational Activities



Accommodation: Volunteer Hotel

6

Day



Volunteer Day Educational Units



Our work will begin at 7:40 am and the first day will end at 12:00 noon. We will be at the Educational Unit all day supporting the workshops and monitoring and gathering information that may be required while the workshops are being held in the schools

At 12:00 noon we will have lunch.

In the afternoon :

- Integrated nursery management
- Filling of casings, pruning, cleaning, preparation of biol and substrate

At 7:00 p.m. we will have the Dinner

Afterwards, we will enjoy a night walk in the jungle to see some species of insects and amphibians.



Meals: Breakfast - Lunch , Dinner



Activities: Volunteering



Accommodation: Volunteer Hotel

7

Day



Birdwatching and Community Volunteer Day



We will start very early at 6:00 am to start our bird-watching activity. Our canoe and our guide will be waiting for us to start the tour which lasts approximately 45 minutes; it will take us to a very special tour where we can observe the most representative birds of the Amazon, once the tour is over we return to the hotel for breakfast and to get ready to go to the community to start our volunteering.

Join your group to contribute to the local communities. Support our actions against climate change, through a reforestation activity with native plants and local high school students.

At 12:00 noon we will have a box lunch in the community and continue with the work.

In the afternoon we will do community road cleaning until 17:00 pm and then return to the hotel for dinner.



Meals: Breakfast - Lunch , Dinner



Activities: Birding/Volunteering



Accommodation: Volunteer Hotel

8

Day



Actividades Recreativas Cata de Cafe/lavado de Oro/Visita a la familia Kichwa/Cooking Class



We start early to experience the Amazon sunrise with a coffee tasting by a local coffee expert. Try to score the aroma, acidity, body, and flavor of the coffee prepared in various ways. We continue afterwards with a delicious breakfast that will give us energy for a great day full of very stimulating activities full of learning and experiences. We will have some time to get ready for our next gold panning activity. Participate in one of the ways that local families generate income: gold panning in the Napo River. With your local guide, you will canoe to the banks of the Napo River and try your luck panning for gold, an activity that will take a few hours, after which we will return for lunch.

In the afternoon, visit to a local farmer and traditional Kichwa cuisine.

Your culinary adventure begins with a visit to a local farmer, where he will help you pick fruits and vegetables from his farm. Bring some freshly harvested produce to Minga Lodge & Reserve and join our local chefs for a cooking class that transforms local ingredients into delicious traditional dishes such as fish wrapped in palm leaves.

Dinner

Celebrate your week of new experiences and meaningful contributions to community development projects with friends and team members with a final dinner. Reflect on the extraordinary sustainability development and community empowerment you have visited and look forward to seeing even more.



Meals: Breakfast - Lunch, Dinner



Activities: Recreational Activities



Accommodation: Volunteer Hotel

9

Day



Volunteer Day Nutrition Campaign



Our work will begin at 7:40 am. After breakfast we will go to the community, where we can support the workshop leaders and the person in the kitchen to explain to the community about the various foods that are available to the community, as the jungle gives them for free, as the mother that is, as well as green, cassava, fish, guayusa, sweet potato, among others that we can easily find and that have several ways to be prepared.

At 12:00 noon we will be able to enjoy what we cook together with the community.

In the afternoon, we continue with the training of the community in other food options with different products and preparations and also nutrition plans and suggestions for children of different ages and pregnant mothers, then we start our return to the hotel.

At 7:00 p.m. we will have the Dinner

Afterwards, we will enjoy a night walk in the jungle to see some species of insects and amphibians.



Meals: Breakfast- Lunch, Dinner



Activities: Volunteering



Accommodation: Volunteer Hotel

10

Day



Birdwatching and Community Volunteer Day



Early in the morning, optional bird - watching activity. Our work will begin at 7:40 am and the first day will end at noon. We will be at the Educational Unit all day supporting the workshop participants and monitoring and collecting information that they require while the workshops are being held in the schools.

At 12:00 noon we will have lunch.

En la tarde :

- Manejo integrativo del vivero
- Llenado de fundas, podas, limpieza, preparación de biol y sustrato

A las 19:00 H tendremos la Cena

Después, podremos disfrutar de una caminata nocturna, en la selva, para ver algunos especies de insectos y anfibios.



Meals: Breakfast - Lunch, Dinner



Activities: Volunteering



Accommodation: Volunteer Hotel

11

Day



Community Volunteer Day/Night Hike

We will start early with breakfast and have time to get ready to go to the community to start our volunteering.

We join one group to contribute to the local communities for reforestation activity with native plants and with the students of the schools while another group can support the regeneration of women's farms and clean up.

At 12:00 noon we will have a box lunch in the community and continue with the work.

In the afternoon we will do community road cleaning until 17:00 pm and then return to the hotel for dinner.



Meals: Breakfast - Lunch , Dinner



Activities: Volunteering



Accommodation: Volunteer Hotel

12

Day



Recreational Activities Birdwatching/Visit to Women's Artisan Group/Traditional Weapons Competition/Shaman Campfire.



Early in the morning, optional bird watching activity. Visit a group of local craftswomen. Find yourself at the center of culture, community and connection as you meet a dynamic group of skilled artisans and learn how they earn a sustainable income through traditional jewelry making. Marvel at their stunning craftsmanship and the exquisite accessories they create, many of the pieces made from nuts and seeds gathered from the rainforest. From sourcing to production, every step toward creating red, black and white, typically Ecuadorian, jewelry pieces is local, and the women also produce modern beaded loom bracelets and items with traditional South American motifs.

At 12:00 noon we will have lunch.

Weapons training

Try throwing spears and shooting blowguns following in the footsteps of an indigenous weapons expert. Afterwards we will have some time to rest and afterwards we will have a delicious dinner.

After dinner we will have a farewell bonfire, to get together to talk about this wonderful experience and what we took with us.



Meals: Breakfast - Lunch , Dinner



Activities: Volunteering



Accommodation: Volunteer Hotel

13

Day



Canoe Transportation to Comunidad de los Rios/Transportation to Quito



After breakfast we will leave the hotel towards the community of Los Rios where our transportation will be waiting to take us to Quito.



Meals: Breakfast



Activities: None



Accommodation: Hotel in Quito,

14

Day



Transfer out - Hotel - Airport - Return flight home



According to your international flight, you will be picked up at your hotel in Quito and taken to the airport for a flight back home.



Meals: Breakfast

END OF SERVICES

All itineraries are approximate. All itineraries and programs are subject to change without notice due to national park regulations, weather conditions, natural phenomena, seasonal changes or for security reasons. Flexibility is the key to the success of every trip. The safety of our passengers is our top priority.