

FIELD GUIDELINES FOR PARTICIPANTS

INCA HEALING RETREAT

Otavalo, Ecuador

WHAT IS INCLUDED

- Lodging: small single and double rooms with private bathrooms. The rooms sizes are small if compared to American hotels. However, the quality is high: they are very clean and comfortable. Included: Cable TV in each room. A deck on the roof with beautiful view of Otavalo will be open at all times. Breakfast will be served there.
- Food: We will serve local food and cuisine assuring the highest hygiene, freshness and quality. We are unable to accommodate specific diets. The idea of diets doesn't exist in the Andes. Notice that local dishes include a variety of vegetables, legumes, fruits, meat-poultry, and dairy products.
 - Breakfast: bread, eggs, jam, fresh cheese, coffee, fresh made juice.
 - Lunch: The main meal in Otavalo is lunch, which includes: Soup, salad, white rice, legumes, meat or poultry, fruits, juice. One time special traditional Quichua meal will be offered.
 - Dinner: Light dishes. Coffee, herbal teas, bread, cookies, fruits.
- Transportation: Local buses, taxis, and minivan for long trips.

TRAVELING TIPS

- Clothing: Casual type clothes (jeans, khaki pants, capri pants, long or knee-length skirts, t-shirts, sleeveless shirts, sweaters, etc.) are appropriate and recommended. Prepare yourself for temperatures between 55 F to 80F; it is usually cool in the morning/evening and temperature can change quickly within a single day so it is best to bring clothes you can layer. Avoid any provocative clothing; this includes spaghetti-strap tank tops, tops that show midriffs, shorts, or anything sheer/see-through.)
- Public behavior: A respectful, joyful, behavior is highly expected by the Quichuas. Formal or casual encounters (with adults or children) in a house, street or the countryside are made with a brief visual contact, a smile and a vocal greeting. Do not avoid greeting people and smiling. The elderly are highly respected in the community; it is expected younger people will address them with courtesy.
- Cigarettes, alcohol, and drugs: It is highly deviant for girls or young women to take these substances in the Quichua world. The abuse of alcohol is a problem among males. The possession or consumption of drugs is a criminal offense in Ecuador. Runajambi will not be able to help in any measure students confronting this type of legal problems.
- Safety: Ecuador is one of the safest countries of Latin America. The urban centers are less safe as compared to the countryside. Criminal offenses almost do not exist in the Quichua rural communities. Otavalo is a mid-size town. Theft of minor items could occur. It is recommended to go out in groups of three or more after dark, and to let someone know when you are out. Do not wander to deserted places alone since assaults do occur. Also, do not make obvious any belongings of value as they can attract robbers.