TAKE-HOME TRIP GUIDE

Know before you go

Available dates: June 25–July 3, 2027 / 9 days, 8 nights / 8–12 people

WHERE WE WOULD STAY + HOW WE WOULD TRAVEL

In Quito, FHC's guide describes a missionary residence about a five-minute walk from the home. The host will share rooming arrangements; confirm Latacunga lodging before departure. The church team books airfare. Plan for the same arrival and departure flights. FHC arranges private ground transportation for outings.

FOOD + SPENDING MONEY

The package includes three meals a day and snacks. An Ecuadorian cook prepares meals. Share allergies and dietary restrictions in advance. Ecuador uses U.S. dollars; the guide recommends small bills for personal purchases. Travel-day meals and souvenirs are not part of the FHC package.

PASSPORT + ENTRY REQUIREMENTS

For U.S. tourists, a visa is generally not required for stays totaling up to 90 days in any consecutive 12-month period. A passport must be valid for at least six months after arrival and have a blank stamp page. Other nationalities, dual nationals and minors may have different requirements. Confirm the correct entry permission for the planned mission activities with FHC and the Ecuadorian authorities.

ALTITUDE + HEALTH PREPARATION

FHC's guide places its homes above 9,000 feet. Discuss your health, medicines, activity level and vaccinations with a clinician before committing. Living in Los Alamos or being physically fit does not guarantee protection from altitude illness. Follow medical advice, allow an easier arrival period and tell the host promptly about symptoms.

TRAVEL MEDICAL INSURANCE

Included for the time in Ecuador. The FHC guide says medical expenses may need to be paid out of pocket first and then claimed for reimbursement with receipts. Ask FHC for the policy, exclusions, emergency contacts and claims procedure. Do not assume cancellation, baggage, evacuation or pre-existing-condition coverage without checking.

WHAT A DAY MIGHT LOOK LIKE

Morning: breakfast, team devotional and orientation or a service project.
Midday: lunch, connection with children and staff, and activity preparation.
Afternoon: planned activities, projects or a cultural outing.
Evening: dinner, prayer, reflection and team debrief.
This rhythm is illustrative; the host sets the final schedule.

A SUGGESTED PACKING START

Comfortable walking shoes; light layers and a rain jacket; sun protection; toiletries; personal medicines in original packaging; passport copies; emergency contacts; and any supplies approved by FHC. Ask the host for a final packing list and baggage guidance before purchasing or packing project supplies.

SAFEGUARDING + FLEXIBILITY

Attend pre-trip training. Follow FHC's code of conduct, child-protection procedures and photo/social-media policy. Team members support the staff through planned activities; direct caregiving remains with FHC's tías. Prioritize the children's routines, abilities and privacy. Plans and cultural visits may change.

Questions? **Daniela Sandoval** / (505) 570-1438 / daniela@forhischildren-ecuador.org

PREPARE + PARTICIPATE

A well-prepared team

Church leadership and FHC's host plan together; no activities are guaranteed.

CHURCH TEAM LEADER: PRACTICAL RESPONSIBILITIES

Coordinate the team application and participant roster with FHC. Arrange shared flights and send travel details. Collect the team information file, passport copies and required releases. Communicate dietary needs, rooming requests and activity ideas. Organize preparation meetings, prayer and participant communication. Pastor Mike will explain Freedom Church's own application, expectations and meeting process.

ABOUT 90 DAYS BEFORE TRAVEL

Return the completed team information file, liability releases and background-check releases to FHC. Confirm each traveler's passport validity. The host uses the information to prepare name badges, T-shirts and water bottles. Bring the passport copies requested by FHC.

BEFORE THE TRIP

Meet as a whole team several times. Include a Zoom session with the FHC host for introductions, Q&A and training on conduct, child-abuse prevention and social media. Agree on activities and supplies. Review lodging, flights, emergency contacts, insurance and the final daily schedule.

AT LEAST 30 DAYS BEFORE TRAVEL

FHC issues the final invoice once the team size is confirmed. The guide requires payment at least 30 days before travel. The church leader will communicate the process and each participant's deadlines.

2027 PACKAGE REFERENCE FOR THIS 8-NIGHT PLAN

8–10 people: $160/night = $1,280.
11–12 people: $150/night = $1,200.
Airfare allowance: about $700. Planning target: **about $2,000 per person**; final amount varies.

POSSIBLE ACTIVITIES WITH CHILDREN

Stories + imagination: Bible stories with an activity, reading, sticker books and simple magic tricks.

Arts + making: paper flowers or dolls, sidewalk chalk, finger painting, playdough, nature art and large-bead bracelets, with staff approval.

Movement + play: music and dance, beach balls, bubbles, parachute games, nature walks, simple obstacle courses and supervised water games when appropriate.

Shared projects: simple cooking, such as cookies or gelatin, and other activities adapted to the children's needs.

POSSIBLE TIME WITH THE TÍAS

Devotionals, prayer, ice-breaker games, friendship bracelets, adult coloring, cooking together or a staff-approved relaxation activity. Plan around the caregivers' schedules and preferences.

HOW TO PREPARE AN ACTIVITY

FHC suggests sessions of about 30 minutes. Many suggested activities are designed for developmental levels around ages 3–5; ask staff what is appropriate for this group. Keep plans simple, adaptable and accessible. Get approval for supplies, food activities, photos and any physical activity. Direct care remains with staff.

Planning sources: FHC *Team Leader Guide 2027*; *Pricing Chart and What's Included – 2027* (2027 page only); *Activity Ideas – Short-Term Team*; church presentation and tentative itinerary.

Entry / health: U.S. State Department Ecuador country information; CDC Ecuador traveler guidance and High-Altitude Travel. Checked October 25, 2026; recheck before travel.