



# Estudio Sampere Ecuador - Student Handbook 2010

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## General Information

### 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.

### Arriving at Quito or Guayaquil airports.

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, or to Guayaquil, the biggest city in Ecuador. We can arrange your reception and transfer from Quito or Guayaquil to Cuenca. There is no real difference from one airport to another, except the location, and you may choose the cheapest ticket. Some airlines land first in Quito and then in Guayaquil two hours later. Saturday is the perfect day to arrive to Quito or Guayaquil.

If you have requested a Estudio Sampere transfer from Quito/Guayaquil to Cuenca, the procedure will be the same.

- **Arrival to Ecuador.** 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. At the door to the only exit from immigration you will find a guide with a sign from Estudio Sampere and your name also.

- **Transportation to the hotel.** The guide will inform you of when your flight, on Sundays, for Cuenca leaves and will take you to the hotel we have booked for you. You will have a single room with breakfast for one night included in the price of the transfer. The hotel, in Quito or in Guayaquil, will inform you about your flight to Cuenca and is in charge of the transfer procedures to the Airport.

- **Transportation to the airport.** On Sunday, you will be taken to the airport to take the flight to Cuenca. The ticket is included in the price of the transfer and you will have received it in advance. Be sure to check your transfer time at the Hotel counter the day before. You have to be at the Airline counter at least one hour before your flight leaves. The flight to Cuenca takes about 40 minutes. Your host family or staff from the Apartments Otorongo will be waiting for you at Cuenca airport and will take you to your accommodation.

### Telephones in Ecuador:

- From abroad:

**Quito: 00 + 593 2 + 7 Digits**

**Guayaquil: 00 + 593 4 + 7 Digits**

**Cuenca: 00 + 593 7 + 7 Digits**

**Mobile/Cell phones: 00 + 593 + 8 Digits**

- From Ecuador:

**Quito: 02 + 7 Digits**

**Guayaquil: 04 + 7 Digits**

**Cuenca: 07 + 7 Digits**

**Mobile/Cell phones: 09 + 7 Digits**

### - Quito Information:

**Hotel AKROS - Avenida 6 de Diciembre N34-120 - Quito.**

**Tel: 00 + 593 2 243 0600 - 00 + 593 2 243 0610.**

**Emergencies in Quito. Transfers and accommodation: 00 + 593 2 243 0600.**

**Tickets: 0 9801 6881 - Ixatours Grupo Global Counter at Quito airport.**

**Estudio Sampere Ecuador emergency number from abroad: 00 593 99 404 534.**

**Estudio Sampere Ecuador emergency number from Ecuador: 099 404 534.**

### - Guayaquil Information:

**Hotel HAMPTON INN - Avenida 9 de Octubre 432 y Baquerizo Moreno.**

**Tel: 00 + 593 4 256 6700.**

**Emergencies in Guayaquil. Transfers and accommodation 00 + 593 4 256 6700.**

**Tickets: 0 9801 6881 - Ixatours Grupo Global Counter at Guayaquil airport.**

**Estudio Sampere Ecuador emergency number from abroad: 00 593 99 404 534.**

**Estudio Sampere Ecuador emergency number from Ecuador: 099 404 534.**



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If for any reason the guide is not there when you arrive to Quito or Guayaquil, 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 or any other reason- **phone the emergency number** and follow the directions you will receive. If needed, take a taxi to the hotel in you city of arrival where reservation is under your name. Do not forget to mention you are a Estudio Sampere student.

### Some important addresses and phone numbers:

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

**Telephone: 00 593 7 282 3960 / 7 284 1986.**

**School is open from 7:30 to 13h00 and from 14h30 to 18:30 - Mon to Fri.**

**EMERGENCIES: 00 593 (0) 99 404 534.**

Estudio Sampere Director Juan Martínez Borrero.  
Home phone: 289 0459. Mobile phone: 099 404 534.

Private Doctor. Dr. Pedro Martínez: Telephone 281 0211.  
Mobile phone: 098 304 656 (say you are a student from the Sampere School).

### National Holidays 2010

	FEB	APR	MAY	AUG	NOV
<b>CUENCA</b>	15*	2, 12*	24*	10	3

\*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 18, 2010 to January 2, 2011.

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.

\*Placement test and a tour of the city will take place on Feb 15, Apr 12 and May 24, and classes will start on Feb 16, April 13 and May 25.

### 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.

### 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).



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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 Estudio Sempere Cuenca**

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.

### **Excursions**

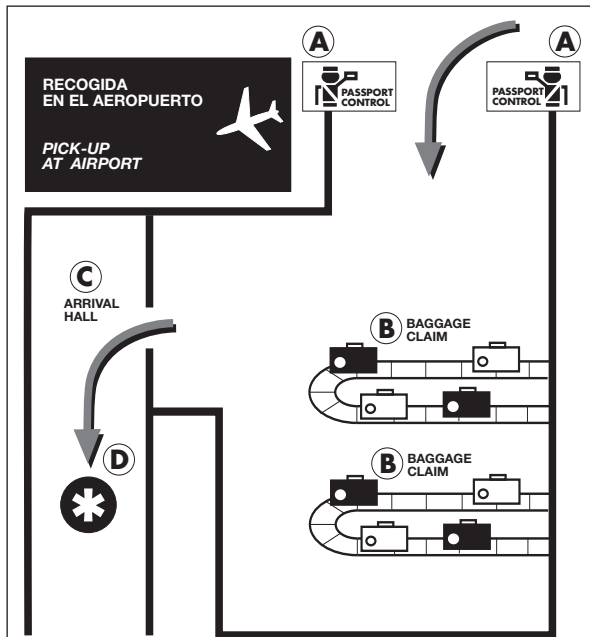
The School programs two/three full-day excursions per month on Saturdays. Normally the excursions begin at 9:00 am and return to the School at 5:00 pm. Among such excursions we can point out the day-trips to Ingapirca (the most important archeological ruins of Ecuador, located at 100 Km from Cuenca), 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.



## Airport, 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** Quédense en el punto. \*

If you have asked for the transfer service from the 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.

### MIS NOTAS

[www.vivecuador.com](http://www.vivecuador.com)

[www.cuenca.com.ec](http://www.cuenca.com.ec)

### ESTUDIO SAMPERE:

Hermano Miguel, 3-43 y Calle Larga (Escalinata)  
CUENCA (ECUADOR)

Tel.: 00+593 7 2823 960

Fax: 00+593 7 2841 986

**Emergencies: 00 + 593 9 9404534**

E-mail: [samperec@samperecen.com.ec](mailto:samperec@samperecen.com.ec)

