The Micro-Enterprise and Global Health is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison. This IAP Program Handbook supplements the IAP Study Abroad Handbook and provides you with the most up-to-date information and advice available at the time of printing. Changes may occur before your departure or while you are abroad.

Questions about your program abroad (housing options, facilities abroad) should be directed towards your Resident Directors. Questions relating to academics (e.g. course credit and equivalents, registration deadlines) should be directed to International Academic Programs at UW-Madison.

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Contact Information

On-Site Program Information
Susan Kidd Webster, Resident Director
School of Social Work
204 School Of Social Work Building
1350 University Ave
Madison WI 53706
skwebste@wisc.edu
Phone (608) 263-3678, (608) 263-4813
Ecuador mobile phone: will be provided on arrival

Janet Neiwoold, Resident Director
F2/221, 3280 Clinical Science Center
600 Highland Ave
Madison, WI 53792
jniewold@medicine.wisc.edu
Phone (608) 263-9724
Ecuador mobile phone: will be provided on arrival
UW-Madison Information
Erica Haas-Gallo
International Academic Programs (IAP)
University of Wisconsin-Madison
250 Bascom Hall, 500 Lincoln Drive
Madison, WI 53706
Tel: 608-265-6329 Fax: 608-262-6998
Web: www.studyabroad.wisc.edu

Emergency Contact Information
In case of an emergency, call the main IAP number (608) 265-6329 between 8:00 a.m.-4:30 p.m. Monday-Friday; after-hours or on weekends call the IAP staff on call at (608) 516-9440.

Embassy Registration
All program participants who are U.S. citizens must register at the U.S. Embassy before departure as this will help in case of a lost passport or other mishap. You can register on-line at https://travelregistration.state.gov. If you are not a U.S. citizen, register at your home country’s embassy or consulate.

U.S. Embassy in Quito, Ecuador
Ave. Avigiras E12-170 y Ave. Eloy Alfaro (next to SOLCA)
Tel: 02-398-5000
E-mail: contacto.usembuio@state.gov
Web: http://ecuador.usembassy.gov/
After-hours emergencies: 256-1749

Program Dates
Winter 2013
Student Arrival in Quito January 6
Instruction Begins January 7
Instruction Ends January 14
Program End/ Departure January 15

A full course syllabus will be provided by the Resident Director.
Preparation before Leaving

Immigration Documents
Passport
A passport is needed to travel to Ecuador. Apply immediately for a passport if you do not already have one. Passport information and application forms can be found on the U.S. State Department website (http://travel.state.gov/passport). If you already have your passport, make sure it will be valid for at least 6 months beyond the length of your stay abroad.

Visa
No visa is required for participants who are U.S. citizens who enter Ecuador for less than 90 days.

Handling Money Abroad
Ecuador has adopted the US dollar as its official currency. Past students have recommended that you take as many $1 and $5 bills or $1 coins as possible. It is often difficult to get change for larger bills. Most travelers prefer to take money out at the ATMs which are available in Quito and Otavalo. Check with your bank prior to departure to see where machines are available or visit http://usa.visa.com/personal/using_visa/atmlocator.html for a world-wide machine locator if you have a Visa sponsored debit card.

While banks and Casas de Cambio should be safe places to get money, there are increasing accounts of people receiving counterfeit bills from these sources. If you receive counterfeit bills, within 24 hours you must report it to the authorities in the bank or Casa de Cambio where you received the bills. Count and review your bills before leaving the premises! $1 coins are also commonly counterfeited. Make sure to review them before accepting change.

Traveler’s checks can be changed into cash at banks, malls, hotels and Casas de Cambio. In most cases, you will need to have your passport to cash traveler’s checks. Be aware that there is at least a 2% fee (can be up to 10%!) to change traveler’s checks into cash. Due to the higher fees and limited cashing facilities, few students and faculty use traveler’s checks.

Packing
We will be travelling at the start of the rainy season. Quito is at 9,350 feet so it can be cool even though it is in the tropics. The days will be mild and the nights in Quito and La Calera you will be cool and you will need a jacket, fleece or sweatshirt. Nights on the coast will be warmer.

The items below were suggested by past participants:
Comfortable shoes to walk in
Sandals
Towel
Swim suit
Flashlight/ Headlamp
Quick dry hiking shirt and pants (highly recommended by past students)
Longer shorts (coast only)/capris/skirt
Fleece/ Jacket (highly recommended by past students)
Rain gear- umbrella and jacket (highly recommended by past students)
Camera
Personal Toiletries including sunscreen and contact solution
Water bottle
Spanish dictionary
Backpack
Personal medications (ibuprofen, pepto bismol, cold medication, altitude sickness medication, malaria medication, etc)
Insect repellent
Course materials
Notepad/ pen (highly recommended by past students)
Hand Sanitizer
Baseball Hat (or other hat for blocking sun)
Photo of your family, house, etc to share
As rubber rain boots may be cumbersome to pack, you may purchase reasonably priced boots once in Quito

**Electronics**
The voltage in Ecuador is the same as in the United States: 110 volts, 60 cycles AC, but some electrical sockets are too small to accommodate the larger prong on appliances. You may experience electrical rationing during your stay in Ecuador.

**Travel and Arrival Information**
Participants will need to make their own travel arrangements for arriving in Ecuador by the course start date. The Resident Director or other staff member will meet students at the airport on the arrival date.

**The Academic Program**
Students will learn about the link between health and household economics along with traditional and herbal health care practices. They will work alongside local women to address issues identified by the women's groups related to developing a jewelry micro-enterprise, creating eco-tourism opportunities in the community and other sustainable income generation strategies. Students will prepare materials to carry out workshops on product development and marketing and will conduct the workshops in the field. Students will also write a reflection paper about the impacts of microenterprise on personal and community health and the cross-cultural experience.
Students earn **2 credits** of either **Inter Ag** or **Nutrition Science 421 Global Health Field Experience** upon successful completion of the program. You will make your course selection through your MyStudyAbroad account.

**Pass/Fail**
Students may not take classes pass/fail due to the short duration of the program.

**Living Abroad**
Educate yourself about your host country. Read the Preparing to Live in Another Culture section of the IAP Study Abroad Handbook. Consult the following resources as well as travel books in the Study Abroad Resource Room (250 Bascom Hall).

UW-Madison International Academic Programs (IAP):
[http://www.studyabroad.wisc.edu](http://www.studyabroad.wisc.edu)

**Housing**
Housing is included for the duration of the program. Students will divide into two groups for part of the trip. One group will live with host families in La Calera with meals provided. The other group will be at the Lalo Loor research station. During orientation in Quito, students will stay in a local hotel. Dietary preferences of students usually can be accommodated.

While at Lalo Loor, students will have shared double or quad rooms and three meals per day will be provided.

**Transportation**
The main mode of transportation while in Otavalo is walking. Students should bring adequate walking shoes. Students will be transported in vans or buses to various locations throughout the rest of the trip.

**Safety**
Although most past participants report feeling very safe in Otavalo, petty theft is a problem in many cities. Please exercise caution, as pick-pocketing has been on the rise in recent years due to Ecuador’s precarious economic situation. Carry your wallet or purse in buses and trolleys with extreme caution and **never** carry important documents, such as your passport, unless you are going to use them for a specific purpose (carry a copy of your passport instead.) Men are advised to carry wallets in their front pants pockets. Shirts with button-down pockets may be useful for carrying money or documents safely. Women should guard against the common practice of purse slitting (cutting open a purse with a razor blade or knife) on buses by using purses of hard-to-slit material and by being vigilant. Never wear watches or flashy jewelry on crowded buses or in congested markets. Be especially careful at outdoor markets which are notorious for thievery. Try to become constantly aware of the possibility of theft; as a *gringo* you are an obvious target.
Health
Be aware that changes in food, water, and environment can cause stomachaches, diarrhea, and/or vomiting that are self limiting. If discomfort persists, please consult your faculty leaders as they can assist you in seeking medical care.

Students should consult the Center for Disease Control and their regular doctor to determine what vaccinations and/or other health precautions they need to take after acceptance to the program. Past students have suggested starting this process as soon as possible. Please consult the UHS travel clinic website for more information: http://www.uhs.wisc.edu/services/medical/travel-clinic/.

Communication
When making calls, keep in mind time zone differences (www.timeanddate.com/worldclock). To make an international call to the United States, dial the access code for the country from which you are calling plus the United States country code (always “1”) followed by the appropriate U.S. area code and local number. To call internationally from the United States, dial “011”, the country code, city access code (if necessary) and the phone number. Country and city codes can be found online (www.timeanddate.com/worldclock/dialing.html). Some of above steps can vary if you are using a calling card.

We’ll make time during our trip to visit an internet café so that you can check email and/or Skype. We may also be able to visit a phone center where you can make inexpensive phone call to the states.

Geography of Ecuador
Ecuador is bounded by Colombia to the north, Peru to the east and south and the Pacific Ocean to the west. It is the second smallest republic in South America. The majority of its people are mestizos, 40% are indigenous, 10% are European and the remainder are African-Ecuadorian or Asian. The Andes form a mountainous backbone to the country. There are two main ranges - the Eastern Cordillera and the Western Cordillera, which are separated by a 400-km-long central valley. The valley is itself divided into basins, which vary in altitude and are drained by rivers that cut through to the Pacific and the Amazon. Clusters of dense populations dot these basins. Above them and around the rims of the valley are the cones of more than thirty volcanoes. Several of them have long been extinct, but at least eight are still active. All but two of the main peaks are climbed fairly regularly. The whole mountain area is called the Sierra. East of the Sierra is the lowland Oriente, which is covered with jungle, and through which the tributaries of the Amazon meander. West of the Sierra are the Costa, the Pacific Ocean, and the Galapagos islands.

Climate
Geographically, Ecuador lies in a hot zone, but due to the snow-capped mountains of the Andes and the cold currents running through the Pacific near the coast, considerable variations occur. Nevertheless, there are three distinct climactic regions: the hot coast and jungle areas, the
warm semi-tropical regions, and the cool highlands, which are moderately warm in the dry season.

Economy
Ecuador is substantially dependent on its petroleum resources, which have accounted for more than half of the country's export earnings and approximately two-fifths of public sector revenues in recent years. In 1999/2000, Ecuador suffered a severe economic crisis as a result of a banking crisis with GDP contracting by 5.3%. Poverty increased significantly and Ecuador defaulted on some of its external debt. In March 2000, the Congress approved a series of structural reforms that also provided for the adoption of the US dollar as legal tender. Dollarization stabilized the economy, and positive growth returned in the years that followed, helped by high oil prices, remittances, and increased non-traditional exports.

From 2002-06 the economy grew an average of 5.2% per year, the highest five-year average in 25 years. After moderate growth in 2007, the economy reached a growth rate of 7.2% in 2008, in large part due to high global petroleum prices and increased public sector investment. President Rafael CORREA, who took office in January 2007, defaulted in December 2008 on Ecuador's sovereign debt, which, with a total face value of approximately US$3.2 billion, represented about 30% of Ecuador's public external debt.

In May 2009, Ecuador bought back 91% of its "defaulted" bonds via an international reverse auction. Economic policies under the CORREA administration - including an announcement in late 2009 of its intention to terminate 13 bilateral investment treaties, including one with the United States - have generated economic uncertainty and discouraged private investment. The Ecuadorian economy slowed to 0.4% growth in 2009 due to the global financial crisis and to the sharp decline in world oil prices and remittance flows.

Growth picked up to a 3.6% rate in 2010 and 6.5% in 2011. The government in 2011 signed a $2 billion loan with the state-owned China Development Bank, received $1 billion under a two-year forward sale of an oil contract, negotiated $571 million in financing with China's Eximbank for a new hydroelectric project, and announced plans to obtain further Chinese loans in 2012. China has become Ecuador's largest foreign bilateral lender since Quito defaulted in 2008, allowing the government to maintain a high rate of social spending.

OTAVALO
Otavalo is a largely indigenous town in Imbabura Province, Ecuador. The town, located in a valley, is surrounded by the peaks of Imbabura, Cotacachi, and Mojanda volcanoes.

Otavaleños are famous for weaving textiles, a practice which they have had for 400 years. Although its primary market day is Saturday, there are wares available for tourists throughout the week in the Plaza del Poncho.

Otavalo was traditionally an area made up principally of farming communities, but with the growth of tourism the town has begun to focus more on the making of handicrafts which have
made the Saturday market a popular stop with visitors to Ecuador. Tourism had become the town's main industry and as a result many hotels have been set up in colonial buildings along with a number of restaurants.

As Otavalo is famous for its textiles, many of the nearby villages and towns are famous for their own particular crafts. Cotacachi, the center of Ecuador's leather industry, is known for its polished calf skins. In San Antonio, where the local specialty is wood carving, the main street prominently displays carved statues, picture frames, and furniture.

Otavalo is also known for its Inca-influenced traditional music and musicians. There are many musical groups currently traveling around the world promoting Inca music (sometimes known as Andean New Age). This style of music has had notable commercial success worldwide.

LAJO LOR DRY FOREST RESERVE
The Reserve is operated by Ceiba Foundation. Dr. Catherine Woodward, Assistant Faculty Associate of the Institute for Biology Education at UW-Madison is the director.

Location and facilities
The reserve is located in the Province of Manabí, between the towns of Pedernales and Jama, 250 hectares Lat: 00º 04 ' 48 ' S, 80º 04 ' 07 ' W Altitude: 50 - 450 meters above sea level. The reserve can accommodate up to 24 people. Each person will receive a bunk bed with sheets, pillow and mosquito net as well as three meals a day during the work-week. There are two ecological toilets and one shower. There is no electricity or hot water, however the nearby nature center has power where you can charge your electronic devices.

Ecology and Climate
The Lalo Loor reserve is located near Ecuador’s Pacific coast and has a warm, seasonal climate. The rainy season extends from Oct – Apr and the dry season is from May – September. Average annual temperature is around 24°C. Only 2% of tropical forests in western Ecuador remain, making them one of the most threatened ecosystems in the world. The Lalo Loor Dry Forest reserve is actually a semi-deciduous tropical forest, meaning that some, but not all, trees lose their leaves during the dry season. Examples include the large ‘Ceibo’ (Ceiba trichistandra) which stores water in its green trunk. Water is scarce in the dry season, so some animals migrate to find the food and water they need to survive. Amphibians concentrate around remaining water sources or aestivate in burrows (summer hibernation). The Lalo Loor reserve is home to a large population of Mantled Howler monkeys (Alouatta palliata) and other mammals including brown capuchin monkeys, tayra, jaguarondi, ocelot, kinkajou, tamandua, and opossum. There are 175 species of birds registered in the reserve. Many amphibians and reptiles such as boa constrictor, fer-de-lance, green iguana, and several species recently discovered that are new to science. There are ongoing studies of these “herps” as well as trees and butterflies taking place in the reserve. Species lists can be downloaded at www.ceiba.org/loor.htm, and there are identification guides available for use at the reserve.
Student Testimonials
The testimonials below are from past participants in the summer long course. They may not be applicable to the 9 day course offered in January; they reflect various students’ experiences and are included to provide different perspectives. IAP does not endorse any specific view expressed in this section.

Preparations Before Leaving
“Bring outdoorsy clothes, but also bring some every day clothes.”
“Bring warm clothes!” (mostly for Otavalo, Quito is mostly warm)
“Invest in luggage locks for checked bags.”
“An alarm clock is a really nice item to have - you can’t necessarily rely on your phone to function as one.”

Travel and Arrival Information
“Don’t buy an open-ended ticket- pay the change fee to have it changed, if you decide to stay longer.”
“Leave space in your luggage to bring things home!”
“Bring an extra duffel in one of your bags - be aware of luggage restrictions for your flights however!”

Academic Program
“The hands on interaction made the academic experience come to life. I enjoyed learning straight from the people whom I was trying to help and understand”

“The academic portion was less demanding in the sense that our experience abroad was mainly interacting with the local people/culture and learning from them and with them. In this way, "academics" were not as important as the relationships and bridges we built with the community.”

“I liked the days we spent working with the women in La Calera. It was very inspiring to see how empowered they felt by having a microenterprise.”

“I liked that it was focused, yet allowed for flexibility in planning once we were in the community we worked with. I enjoyed the combination of project-focused work and cultural/social learning opportunities.”

Living Abroad
“Otavalo is cute and feels safe.”
“If you drop off laundry at a lavanderia, count and record the items you give them. Socks, etc. can disappear just like at home.”
“If you go out to a bar or club in Quito, the group will usually get a group bar tab ticket:
1) Don't lose this! It could cost you $50 - $150 to replace
2) If club promoters hand out free drink cards, make sure you ask the bartender specifically which drinks are included. Read the fine print if it exists. Don't assume it applies to just anything.

“If you think you'll take a lot of photos, bring a large USB flash drive (>1 GB) and/or CDs or extra memory cards to back up your photos. In Quito, a 1 GB USB was $12-20 in internet cafes.”