



Minga House Building Trip

“Minga” is an indigenous word used to refer to a work group. This *minga* offers participants a hands-on service opportunity to assist in a construction project at a member family home. Surrounded by the natural beauty of the Andes Mountains in the large capital city of Quito, Ecuador, you and your team will work alongside Center members, making a significant contribution to their home. The work involves manual labor but is extremely rewarding! Men and women of all ages are welcome; however, keep in mind that there will be a lot of physical labor involved. You will receive insight into the Center’s integral family programming that offers the most vulnerable of families the hope and opportunity to escape the cycle of poverty and empower their lives through faith, education, and community support. We welcome you to join our *minga* so that you can help to build a foundation that makes a difference!

Sample Minga Itinerary

DAY 1 Saturday	Upon evening arrival, the group will be met by the Community Director at the airport. The Center bus will take you to The Center – A Family of Families’ Community House where you will stay during your <i>minga</i> service trip. There, you will receive a short house tour & given time to unwind after your travels.
DAY 2 Sunday	After enjoying your breakfast, your group has a free day to explore the city! We highly suggest going to the Equator & standing on both hemispheres, and/or “climbing up” Pichincha (a dormant volcano) in the TelefériQo, a gondola lift, to view Quito from a bird’s-eye view!

<p>DAY 3 Monday</p>	<p>After enjoying the continental breakfast, the Community Director will give the group the Center orientation, including information about the Center's longstanding history and descriptions of Center programming and services to provide context for your upcoming <i>minga</i>. With that base knowledge, you will then go on a tour of the Center, assist with lunch preparations for our members & enjoy lunch with the families. Your afternoon activities could include: attending the Technical Education workshops, 1/2 shadowing of the year long volunteers (to get acquainted with the students), or participate in a mini onsite <i>minga</i> (sanding and painting, cleaning up classrooms, yard work, etc.). Dinner at the Community House will be followed by social time with the volunteers, Community Director and other visitors.</p>
<p>DAY 4 - 9 Tuesday through Friday</p>	<p>Each morning after breakfast, the group will be shuttled to the worksite for the <i>minga</i> service assignment. While onsite, you will work for four to five days with the <i>minga</i> leaders to work on the construction project at a member family home. *A cooler with lunch & water will be provided each day. One evening, after dinner with the community, the year long volunteers will talk about their service experience with the Center and participate in a group discussion, answering any questions from the group. Each evening there will be time for you to relax and rejuvenate.</p>
<p>DAY 10 Saturday</p>	<p>You will take a full-day private bus tour through the Andes Mountains and take in all the gorgeous scenery. You will have a rest-stop to try the delicious bizcochos & cheese and continue on your adventure to Lake Cuicocha (volcanic lake) -or- Cotacachi (leather town). You'll then drive to Otavalo, the largest outdoor market in South America for fantastic souvenir shopping! Upon return to the house, you'll have a goodbye dinner and time to pack or to use for a bit of relaxation. Then, the group will travel home together after enjoying a rewarding service trip to the Working Boys' Center – A Family of Families!</p>

Practical Information to Note

- **PASSPORT:** It is very important to check the expiration date on passports. A passport must not be expiring within six months of travel to and your return from Quito. This is the law and there are no exceptions made by the US authorities.
- **IMMUNIZATIONS:** Whether to receive shots before your trip is a personal decision. Consult your physician. We will be in the arid mountain range and not traveling into the Amazon, so most Center visitors do not receive any special immunizations.
- **ALTITUDE SICKNESS:** Most visitors typically adjust to the altitude of nearly 10,000 feet after the first couple of days. We recommend you take a couple of aspirin and drink lots of water the night you arrive (and throughout your trip) to help with the adjustment. You may be slightly short of breath on and off if you exert yourself.

- **WHAT TO BRING/WEAR:** Casual dress is acceptable. Layered clothing is suggested due to fluctuations in temperature throughout typical Quito days. Most visitors wear jeans, capri pants, t-shirts, sweatshirts, sweaters, and comfortable shoes or tennis shoes. You should also bring personal toiletries. *Towels and bedding are provided.
- **SUN EXPOSURE:** Because of the high altitude and the proximity to the equator, the sun is fierce even when it is cloudy, so the use of sun screen, sun glasses and SPF lip balm is highly recommended.
- **ROOM AND BOARD:** You will stay in a modern, spacious and comfortable facility where Center's Year Long Volunteers and C4WF Community Director reside. Each room has a private bath. During your trip you will likely share a room with another visitor of the same sex. You will also receive a continental breakfast during the week and a delicious home cooked meal Monday through Saturday. Visitors are asked to prayerfully consider a donation to the Center after the spiritual journey experience – this donation will remain confidential and should be written out to: Center for Working Families.
- **TRIP COST:** Your spiritual journey cost will be the purchase of your airline ticket and the per diem amount of \$65 plus a flat transportation fee of \$50. Airfare ranges from \$900-\$1,200 depending on the airline, and the time of purchase (e.g. during holidays).
- **ITEMS TO DONATE:** Often times trip participants ask if they could bring along donated items. If you are interested in doing something, we welcome school supplies, new twin sheet sets, gently used clothing for all ages (children and adults), and/or bath towels.
- **MISCELLANEOUS:** The electricity is same voltage as in the US, the Ecuadorian currency is US dollars and credit cards are accepted. Wireless internet access is available throughout the Community House and long distance phone service is available within one block of the Center's campus. Many visitors bring along a smartphone/laptop to check in with family throughout their visit. Check with your cell phone carrier for information on usage as not all carriers are supported in Quito. We will provide you with the Community House phone number for family members to call in case of an emergency.
- **SIGHTSEEING:** We will be traveling in one of the most picturesque countries in the world. A backpack or fanny pack to carry a water bottle, an extra sweatshirt, a granola bar and your camera would be very useful.
- **ARRIVAL AND DEPARTURE:** A private bus will meet you at the airport when you arrive in Quito and will also transport you on the day of your departure.

Questions? Please contact Olivia Young, Community Director at communityoutreach@c4wf.org