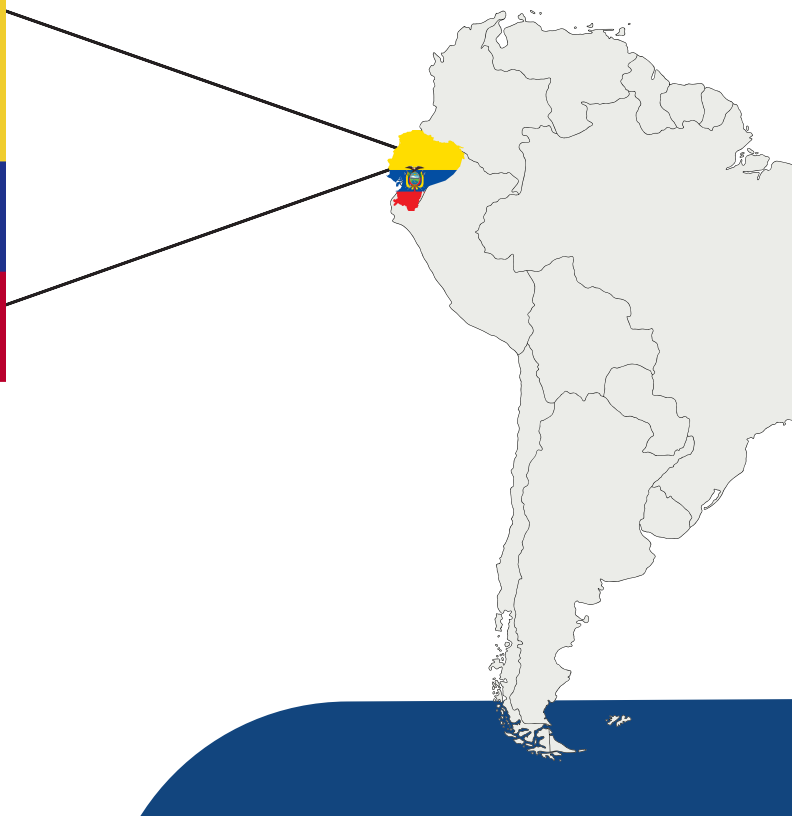
International Education
UNIVERSITY OF DENVER

ECUADOR SUSTAINABILITY GUIDE

Congrats for choosing to study abroad in Ecuador! In addition to any cultural and social considerations you may have to make before and during your time abroad, you should consider how you want your actions to affect the ecosystems and communities you will be a guest in.



QUITO

Public Transportation

While it can take time to figure out, the Quito bus system is popular among locals and can be a great, sustainable way to get around the city. This guide provides a great overview of the bus system, important stations, and safety tips for using public transit. Quito also has a metro line that hits some major parts of the city. Check out this guide for information.

Food Options

There are local markets all over Quito that sell fresh food. Shop at markets like panaderías, fruterías, carnicerias for fresh and local bread, fruit, meat, etc. Also eat staple foods such as plantains, yucca, and quinoa since these foods grow locally and are culturally important cultural foods. Most of the tap water in Quito is not suitable for drinking. Bring a reusable water bottle as opposed to relying on plastic bottles throughout the day.

Volunteering

Certain programs in Ecuador, such as MSID Ecuador, place students in research projects or internships where you work on local initiatives surrounding sustainability, human rights, health, etc. You can also ask your host family for ways to volunteer or give back to the local community.

Waste Management

Your host family may or may not have options for recycling and composting, but it is important to be thorough with your trash sorting if they do. It is customary throughout the country to throw toilet paper in the trash can, and not flush it down the toilet, as the pipe system is sensitive. Don't flush your toilet paper unless it is explicitly permitted.