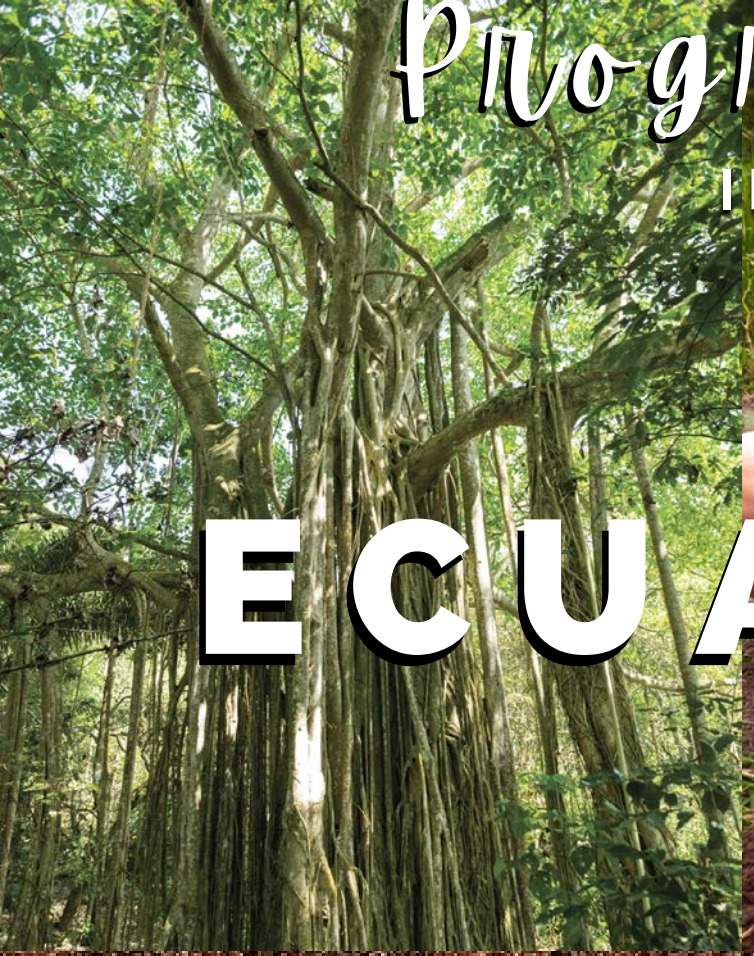




4 week
*Culture and
 Sustainability*
 Program



IN
ECUADOR

4 week Program for volunteers, travellers, digital nomads
 FROM AUGUST 28- SEPTEMBER 25 2022 & FEB 2023

The events of the last couple of years have shown us the Importance of food security, to help us build resilience as individuals and as a community. It has also shown us how reliable we are on Nature for our mental health and to boost our immune system. But now that we can travel freely...

we offer you **a unique and empowering experience filled with the values of care and respect for Nature.**



We have created a cultural program for travelers, volunteers, digital nomads, couples, single adventurers, who want to travel, experience a new culture, learn, live simply and reconnect with the essential

Contact us for more information
& reservations



info@riomuchacho.com

https://wa.link/ocondq_±593991365519

THE PROGRAM

This program is 4 weeks in total, with an optional 1 week add-on in the Amazon, Galapagos, or the Andes.

Río Muchacho Organic Farm & Ecolodge is a National Geographic endorsed social enterprise, a beacon of sustainable agriculture, environmental education and alternative tourism. The farm is 20 minutes by car from the beach town of Canoa, in Manabi. The food is deliciously healthy and the climate mild.

This experience is perfect for those who want to discover a new culture and way of living, based on permaculture and agroecology. Half the day is dedicated to cultural activities and you have the choice of volunteering or free time for the rest of the day.

This is also an opportunity to contribute to this important model. Your visit (whether you volunteer or not) helps make this initiative sustainable and supports the continuation of educational projects for the local and wider community.



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HOW DOES THE PROGRAM WORK?

We have put together a creative program that will take place in the afternoons. In the mornings you can choose to:

1. Volunteer (4 half days / week)
 2. Have free time (for yoga, reading walking, on-line work or Spanish classes etc.
- Weekends are free for spending at the gorgeous beach or exploring the area.

How do the afternoon activities work?

Cultural activities take place :13H30-14H30
They are a colorful combination of cooking, crafts, hikes, horse riding, adventure, community visits, sport, and sustainability related activities.



Optional free time activities.

- Swim in the river
- Visit the animal area
- Hike to the lookout point
- Use the sustainability library (books are available in English and Spanish).
- Take Spanish classes (not included)
- Walk on the trails and enjoy the hammocks
- Bird watching
- Play mini football at the farm or go to the larger community football field
- Do yoga.



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Four week program at Río Muchacho

"Río Muchacho allows you to see that another way of life is possible...."
The wide range of real life experiences at Río Muchacho are designed for you to disconnect from technology, and reconnect with nature, culture and food.

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning activities - volunteering or free time according to your program						
Lunch	Lunch	Lunch	Lunch	Lunch		
Welcome, Orientation, Introductory video	Farm Tour, crops and animals Ring making from palm seeds	Lookout hike Chocolate making from field to table	Visit other areas of the farm (forest, yoga platform) and hike to giant tree	Bread making in wood oven Visit waste management area, bicycle pump, biodigestor	Free weekend at the beach or exploring	



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Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning activities - volunteering or free time according to your program						
Lunch	Lunch	Lunch	Lunch	Lunch	Free weekend at the beach or exploring	
Make mate cup and base	Play football at community court	Cheese making Crafts with vegetable Ivory	Hike to waterfall and monkey forest	Prepare farm to table meal		

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning activities - volunteering or free time according to your program						
Lunch	Lunch	Lunch	Lunch	Lunch	Free weekend at the beach or exploring	
Practice horse riding make plantain cake	Learn about coffee -from field to cup	Shrimp fishing in the stream. Make bamboo pen	Learn how to make ceviche (Iconic Ecuadorian dish)	Harvesting tropical crops, yuca, plantain Make yuca cake		



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Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning activities - volunteering or free time according to your program						
Lunch	Lunch	Lunch	Lunch	Lunch		
Celebration of plantain- the versatility of this staple food	Trip to Isla Corazon	Horse trek/ hike to School and community	Family version of self guided tour.	Bread making in wood oven Visit waste management area, bicycle pump, biodigestor	Free weekend at the beach or exploring	



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ENJOY OUR ROOMS

in the middle of the transition forest

TRADITIONAL ECOFRIENDLY CABINS



Our cabins are creatively made from locally sourced materials

Enjoy the many sounds of nature, abundant bird life, and the gentle meandering of the river at night.

Great fun fact.. there are virtually no mosquitos!



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Río Muchacho FAQ's

You can see the complete FAQ on [our website](#)

PRECAUTIONS DURING COVID

For everyone's safety we are applying the biosecurity protocols related to the COVID-19 pandemic that were established by the government of Ecuador.

For the latest update on the covid situation visit: <https://www.coronavirusecuador.com>

Map of the farm



THINGS TO DO ON THE WEEKEND

Optional weekend activities at the beach and in the vicinity

- Surf classes
- Body board and surf board hire
- Bike hire
- Paragliding
- Paddle board
- Isla Corazon
- Explore the northern beaches
- Bahia and museum, water front
- Excellent seafood and international food
- Restaurants and bars
- Inexpensive hair braiding
- La Segua wetlands



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DATES & PRICES

Río Muchacho cultural and sustainability program

4 week program

**Next program August 28
and February 2023**

Prices		
Program	Río Muchacho one month Cultural Immersion	
	Option 1: with half day free time	Option 2: with half day volunteering
Price per person	\$1,150	\$800

*All prices are in US dollars

Río Muchacho program includes:

- 3 meals/day and drinking water
- Accommodation in Río Muchacho
- All cultural activities

Río Muchacho program doesn't include:

- Transport to and from farm
- Any off-farm expenses
- Spanish classes
- Travel Insurance



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Our Vision

In Río Muchacho we are passionate about agriculture, education and tourism for a better planet, and we live and share this passion. Visitors learn from the moment they set foot on the farm.

We believe in a strong connection with our food, and we work with recovering biodiversity, carbon sequestration, enrichment and regeneration of soil life to produce abundance in crops, which are transformed into delicious healthy food.

We then recycle everything through alternative, circular and spiralling economies. Our efforts have returned the wildlife and created a more balanced environment where benefits are felt in the local and wider community.

We started the farm in 1990 on barren, dry land. Now it has been transformed into an Organic Farm Park- a recreational learning space for all ages.

For some years we have been working with Ayni, a German based Ethical Tourism Organisation.

(Ayni is a Quechua word meaning the Andean law of reciprocity).

We share the same values of assisting communities in creating positive pathways towards sustainable prosperity through ecotourism and agriculture.

This is an opportunity to contribute to this important model. Your visit helps make this initiative sustainable and supports the continuation of educational projects for the local and wider community,



Nicola, Darío and the team of Río Muchacho Organic Farm & Eco Lodge

Video of the farm

To see the video click on the photo or on the play icon



"We wanted to visit a local family and try the local food, but we got so much more. Experiences like this help us evolve from visitors into like-minded people."

-Nic Pilbrow, New Zealand

We look forward to seeing you!



FAQ & Reservations



Don't miss this great opportunity to learn about a new path to sustainability,

Contact us :



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