



WELCOME TO
QUITO & USFQ





CAMPUS USFQ
Cumbayá - Pichincha



TIPUTINI BIODIVERSITY STATION
Amazon Forest



CAMPUS GAIAS
San Cristobal - Galápagos

Welcome to Ecuador!

We hope you enjoy your stay in this magical country!

The Office of International Programs has prepared this handbook for you get to know more about **Quito and USFQ.**

We are more than happy to assist you in anything you may need during your visit. If you have any questions, please do not hesitate to contact us.

Best regards,
USFQ Team





Ecuador

Straddling the equator in western South America, Ecuador has territories in both the Northern and the Southern hemispheres. It borders Colombia to the north and shares a border with Peru to the south and to the east. The Pacific Ocean is Ecuador's western border.

Ecuador is geographically divided into four regions (the Amazon, the Highlands, the Coast, and the Galapagos Islands) and is politically split into 24 provinces. Ecuador is a multiethnic and multicultural nation, with a population of more than 16 million people.



ABOUT
USFQ





Universidad San Francisco de Quito

Founded in 1988, USFQ is the first private and liberal arts university of Ecuador. Today, our university has over 8,000 students and receives 1,000 international students per year. We offer 46 undergraduate programs, 34 graduate programs and 1 PhD program, distributed among our 10 academic colleges. We are also ranked as the #1 University in Ecuador and #57 in Latin America (QS University Rankings).

USFQ is the only university in the world with scientific stations in the Amazon Basin (Tiputini), the Choco Andino (Tandayapa) and the Galapagos Islands (GSC). The main campus is located in Cumbaya, and has an extension in the Galapagos and a new hub in Valencia, Spain.

We form creative, free, innovative and enterprising human beings based on the philosophy of the Liberal Arts and the values of:

Truth, Goodness, Beauty and Freedom

USFQ Address

Diego de Robles y Vía Interoceánica
Quito, Ecuador
ZIP Code: 170901

USFQ Services

USFQ DENTAL CLINIC

USFQ offers attention to the general public. In addition, it serves the USFQ community with special promotions.

SIME MEDICAL SYSTEM

It is fully equipped to offer care in various medical specializations. The medical services provided are freely accessible to both the USFQ community and the general public. Members of the USFQ community get benefits in clinic services.

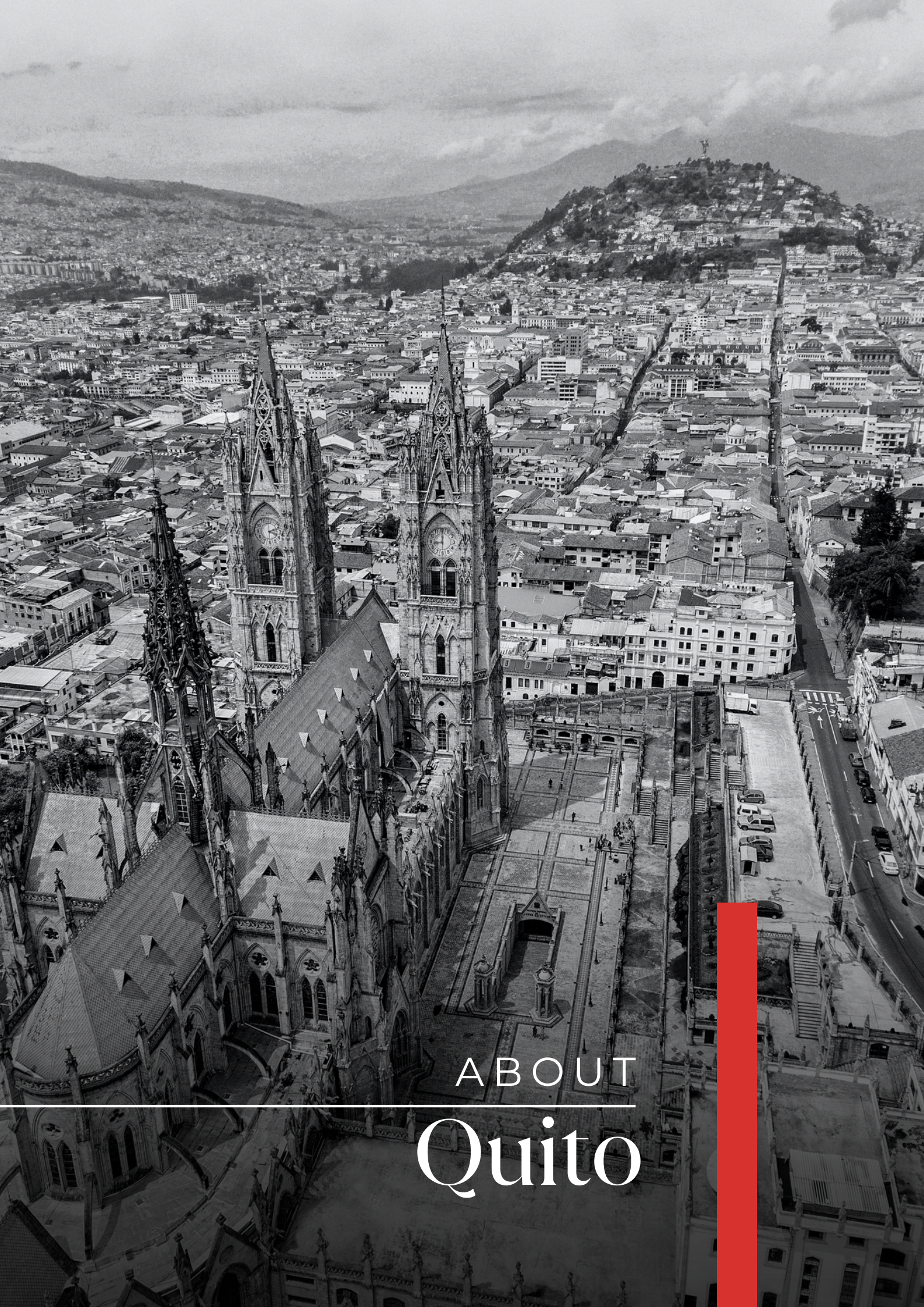
USFQ Veterinary Specialty Teaching Hospital

fulfills the function of training Veterinary students and serving the community through excellence in care for pets (dogs, cats, and exotic animals) and wildlife.

USFQ Food Services

- Marcus: Culinary lab focus on fine dining cuisine.
- Epikvs: Catering Service
- La Tratto: Italian cuisine
- Apice: Healthy, fresh, and natural food theme
- No sea malito: Fast food/Grab and Go cafeteria
- La Piramide: Fruit smoothies, personalized sweet and savory crepes.
- Via Bonita: Buffet lunches daily, with a varied and nutritionally balanced offer (home cooking)
- Ambrosia: Bakery and pastry shop.





ABOUT
Quito

Quito

Quito, officially known as San Francisco de Quito, is the capital of Ecuador, a country located in South America. It is the first city in the world that was named a World Heritage Site by UNESCO. In 2008, it celebrated 30 years of being part of the list of World Heritage sites.

After La Paz in Bolivia, Quito is the second-highest capital city in the world at 2,850 meters above sea level. Furthermore, Quito is the second most populated city in Ecuador, after Guayaquil.

Quito's key information

Altitude: 9 350,4 ft above sea level

Time zone: UTC - 5

Currency: US dollar

Weather

Temperature ranges from 55°F at night, to 78°F at noon.

During the day temperature averages around 64°F.

It is advisable to have a light raincoat since rains can be unexpected.



Hotels

in Quito, Ecuador

We highly recommend the following hotels for the SILM APRU Conference, since there will be *shuttle services* to USFQ campus.

SHERATON QUITO HOTEL

[Website](#) - [Address](#)

Reservation: Please click the [following link to complete your reservation](#) with a special fare for this event.

FINLANDIA HOTEL

[Website](#) - [Address](#)

Reservation: Please send an email to ventas@hotelfinlandiaquito.com with the subject "USFQ - APRU Senior International Leaders' Meeting 2025 USFQ", complete your reservation with a special fare for this event.

DANN CARLTON HOTEL

[Website](#) - [Address](#)

Reservation: Please send an email to ventas1@danncarltonquito.com with the subject "USFQ - APRU Senior International Leaders' Meeting 2025 USFQ", complete your reservation with a special fare for this event.



Taxis

in Quito, Ecuador

We highly recommend the taxis that recommend the hotels; however, here are some tips for transportation in Quito:

Official taxis are *yellow* and should have a registration number on the side. We recommend using taxis with a taximeter (mandatory by law) or agreeing on a price before starting your trip. Cash is the primary payment method, and it's best to carry small bills (\$5 or \$10), as larger bills may not be accepted.

Approximate fares: Short rides within the city: \$2.00 - \$5.00
Airport to city center: \$25.00 - \$30.00

Uber

This ride-hailing app is widely available in Quito and offers a safer and more convenient option, especially at night. You can pay by card or cash, depending on your account settings.

Important: In some areas, like the Historic Center and certain residential zones, internet connectivity may be limited, making it harder to request a ride. If heading to these areas, consider arranging your return transportation in advance.

Airport Shuttle

As USFQ Logistics Team, we can schedule an airport Shuttle to the Hotel or USFQ. Feel free to email to Estefa Aspiazu - easepiazu@usfq.edu.ec, with your flight and hotel information.



Things to do

Museums and Culture



Capilla del Hombre Visit the house and museum of Ecuador's most famous painter, Oswaldo Guayasamin.



Casa de la Cultura Cultural center and museum with fixed and rotating exhibitions.



Casa del Alabado An interesting anthropological museum focused on Pre-Columbian Ecuadorian artifacts. This museum is in the city center and we recommend it.



Quito Cultura Visit their website to find various art events around the city.



National Museum Located in the circular, glass-plated landmark building of the Casa de la Cultura is one of the country's largest collections of Ecuadorian art, with magnificent works of pre-Hispanic and colonial religious art.



Middle of the world is a famous monument and park located on the Equator that marks the equator line. It is an iconic tourist site where you can be in two hemispheres at the same time.

Historical Center

Basílica del Voto Nacional:

Neo-Gothic monument built of stone and cement and rises nearly 100m above the side of the city's famous San Juan Hill.



La Compañía de Jesus:

17th-century Jesuit church located a few blocks away from Plaza Grande, known for its gold-covered interior.

Plaza San Francisco

Known for having the city's oldest church (St Francis), street vendors, a chapel, a museum, and cafes.



Plaza San Marcos

This place is well known for the artisan shops that hold years of traditions that pass from generation to generation.



Heladería San Agustín

Since 1858, "Heladería San Agustín" Has prepared the most delicious and traditional ice creams of Quito. Their traditional Ice cream recipe holds more than 170 years of tradition.

La Ronda

A historic and emblematic neighborhood in the city of Quito. It is legendary because it was the preferred area of bohemians and artists of the early and mid-twentieth century. Nowadays, it offers live shows, artisan shops, and other workshops that represent the colonial culture of Quito.



El Panecillo

"The Little Bread Loaf" is a hill in the middle of the city that separates North and South Quito.



Food and Souvenirs



Visit the Artisan's Market

It is located in “La Mariscal” neighborhood and it offers a broad range of handicrafts, jewelry, artisan bags, clothing, etc.



Chocolate Tasting

You can enjoy delicious Ecuadorian chocolates at the Paccari Experience store. It is operated by alumni of the university. It allows you to taste the high quality chocolates that Ecuador has to offer.

LUNCH AND DINNER AT OUR ALUMNI

Restaurants and Gastronomic Labs

NUEMA | Alejandro Chamorro - USFQ Alumni

They offer a tasting menu that explores ingredients and traditions from all over Ecuador.

<https://nuema.ec/>

CIRÉ | Erick Dreyer

Focused on original interpretations of traditional Ecuadorian dishes, it combines innovative techniques with the best local ingredients.

<https://www.cirefood.com/2021/>

URKO | Daniel Maldonado

Focused on the concept of tributes to nature and astral cycles, Urko modifies its menu for each of the four seasons: harvest, fertility, sowing and flowering..

<https://www.urko.rest/>

quitocultura.com



Quito Historic Center City Tour

Dates & Prices

Option Dates: Sunday, October 12th
Wednesday, October 15th

Time: 14h30 to 19h30

Minimum Pax: Minimum 4 pax

Price per pax: \$120 all included

Itinerary

- 14:30** Depart from hotel or USFQ Campus
- 15:30** City Tour
- 17:00** Chocolate Tasting
- 18:00** Dinner at a local restaurant
- 20:00** Estimated arrival to Hotel or USFQ



Quito Packing List



Original Passport



Backpack



Sweater or hoodie



Water Bottle



Hat or Cap



Sunglasses



Light rain jacket



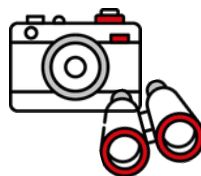
Sunscreen 30+SPF



Small umbrella



Walking shoes



Camera or binoculars



Clothes for layering

In Case of Emergencies

Hospital for emergencies in Quito

Hospital Name: Hospital De Los Valles

Phone: +593 2 297 7900

Address: Av. Interoceánica km 12.5 y Av. Florencia

USFQ EMERGENCY CONTACT

For emergencies only

+593 980 834 444





For further Information

Estefania Aspiazu

International Programs Office

Email: easpiazu@usfq.edu.ec