

# LIVING IN ECUADOR

## *The Essentials*



## WHY ECUADOR?

*Ecuador is one of the thirteen countries in South America. Named after the equator, Ecuador is the only country in the world officially named after a geographical feature.*

*Ecuador is divided into 4 main and unique geographic regions: La Costa or “the coast”, La Sierra or “the highlands”, La Amazonía also known as El Oriente or “the east” and La Región Insular, the region comprising the Galápagos Islands.*

*There are at least 14 recognised languages spoken in the country. Spanish is the official language while 13 indigenous languages are also recognised including Quichua and Shuar.*

**BEAUTIFUL  
WEATHER**

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**DIVERSE  
REGIONS**



**For more information visit: <https://ecuador.travel/en/>**



# 4 WORLDS IN 1 COUNTRY

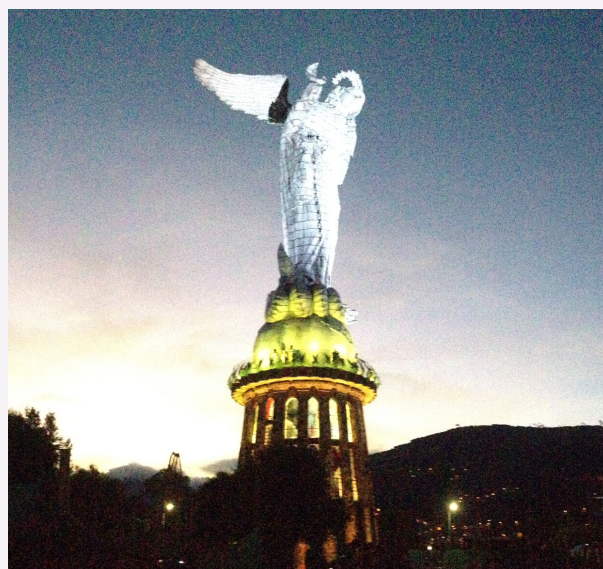
*Ecuador is divided into 4 main and unique geographic regions: the Coast, the Highlands, the Amazon and the region comprising the Galápagos Islands.*

## COAST REGION

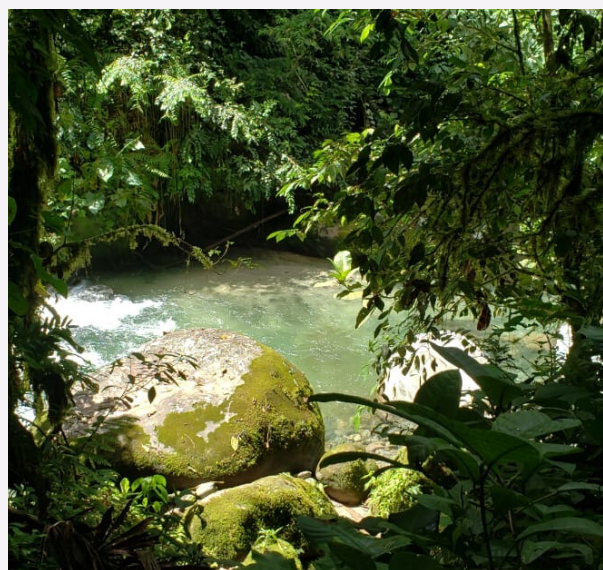
*Green mangrove forests, a jungle, clear waters, white sandy beaches and many quaint fishing villages are part of the Ecuadorian coast. This region plays a big role in Ecuador's economy and cuisine, delivering tons of seafood daily and entertaining the many tourists that visit each year. The Ecuadorian coast has a very hot and humid climate, with temperatures averaging 25°C to 31°C. The rainy season (December to May) is warmer and very humid. The dry season is a little less humid. There are four distinct provinces that make up Ecuador's coastal region: Esmeraldas, Manabi, Guayas, and El Oro.*

## HIGHLANDS REGION

*The Ecuadorian Andes, also known as the "Sierra" and the "Highlands", is packed with a certain cultural and natural diversity that brings many visitors back time and time again. This region has the most developed tourist industry in the country, providing tourists and locals with a wide range of accommodation, world-class eateries, shopping centers and many cultural festivals. Hiking, mountain biking, kayaking, swimming and relaxing are only a few recreational activities that the Ecuadorian Andes will be able to offer you. Whether you want to dive into the thermal springs or exhaust yourself on a week long hike.*



**"BEST COUNTRY  
FOR EXPATS FOR  
TWO YEARS  
RUNNING"  
INTERNATIONS**





**"WORLD'S FIRST  
AND SECOND  
UNESCO WORLD  
HERITAGE SITES"**



# 4 WORLDS IN 1 COUNTRY

## AMAZON REGION

Home to distinct animal species, some of these indigenous and others common elsewhere in the world. There are also many plant species, some of them are the world's greatest resources whilst others are everyday dietary goods. Some of the world's favourite foods can be found here, such as black pepper, avocado, cashews, chocolate, eggplant, cinnamon, sugarcane, vanilla and figs. The rainforest also produces many medicines and products used in industry.

Ecuador only has a 2% share of the world's Amazon. Nevertheless this region has enough accommodation to cater for everyone.

## GALÁPAGOS ISLANDS

Located about 600 miles west of the Ecuadorian Coast, the Galapagos Islands originated from lava eruptions that came from the bottom of the ocean and rose as much as 2600 feet above sea level.

The Galapagos Islands have a variety of animals and different species, such as giant Galapagos turtles, blue footed, red footed and masked boobies, flamingos, frigate birds, albatrosses, unique small penguins, etc. The Galapagos Islands also attract an assortment of marine mammals, such as sea lions, dolphins, and whales, as well as a wide variety of colorful fish and sharks. The island group was declared a World Heritage Site in 1978 and subsequently a World Biosphere Reserve in 1985 by UNESCO.



# IMPORTANT FACTS

- Quito, its capital city, is 2,850m above sea level, making it the highest official capital city in the world.
- Its currency is the Dollar and the official language is Spanish.
- Prominent Cities: Guayaquil, Quito, Cuenca, Machala, Manta, Ambato, Loja, Riobamba.
- The Panama Hat was invented in Ecuador, but it gained its name during the construction of the Panama Canal

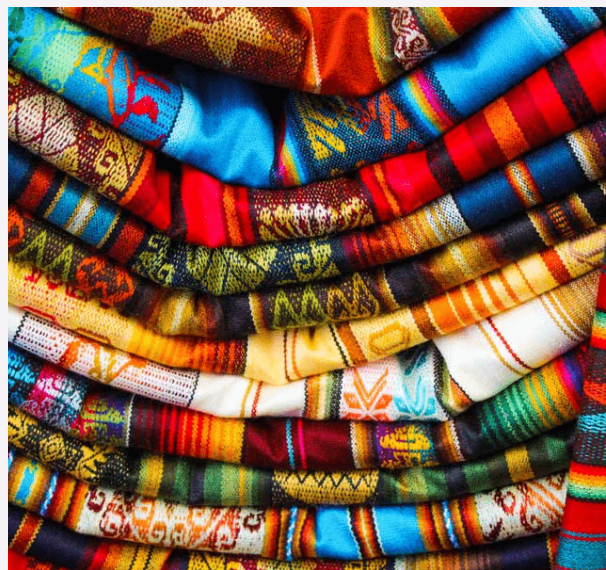
## CULTURE

Ecuador's distinct culture is vibrant and includes a fair mix of indigenous practices along with European colonial influence. Most Ecuadorians have a mixed-race background, which has resulted in tremendous cultural diversity as well as unique customs and traditions across the whole country. Generally speaking, the majority of Ecuadorians are Spanish-speaking Catholics, but as it becomes a more integrated and globalized nation each year, this is changing.

## CUISINE

Ecuador is well known for its abundance of varied exotic fruits, excellent fish and seafood and the countless varieties of Andean potatoes.

Ecuadorian cuisine is diverse, it varies due to altitude and agricultural conditions. You can expect to find lemon marinated shrimps, toasted corn on the cob and a huge variety of pastries filled with all types of interesting ingredients. Some examples of Ecuadorian cuisine in general include patacones (unripe plantains fried in oil, mashed up, and then refried), llapingachos (a pan-seared potato ball), and seco de chivo (a type of stew made from goat). Most dishes in Ecuador are complimented by a traditional hot sauce called Aji.



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