Rio de Janeiro
Brazil

University of Wisconsin-Madison in Rio de Janeiro

Program Handbook

ciee
WELCOME TO YOUR STUDY ABROAD ADVENTURE IN BRAZIL

The fifth largest country in the world, Brazil borders all South American countries except Ecuador and Chile, covering nearly half the continent. About two-thirds of Brazilians live in the cities of the mountainous tableland of the south and east coasts. The country’s other major geographic region is the Amazon River basin, mostly lowland tropical rain forests, or selvas.

Participants say...
It’s an amazing opportunity to get away from your college for a while and experience life abroad. Brazil is very rich in culture, folklore, history, and natural beauty.

If I may generalize, going to Brazil has been like going to a birthday party. You meet a lot of people and they are always happy to see you and show you the best their country has to offer you.

Rio de Janeiro

Rio de Janeiro (“January River”) is the capital city of the State of Rio de Janeiro, the second largest city of Brazil and the third largest metropolitan area in South America. The city was the capital of Brazil for nearly two centuries during the Portuguese colonial era. Rio de Janeiro represents the second largest GDP in the country, is the headquarters of major Brazilian companies, home to many universities, and is the second largest center of research and development in Brazil.

Rio de Janeiro is the most visited city in the southern hemisphere and is known for its natural setting, carnival celebrations, samba, Bossa Nova, and renowned beaches such as Copacabana and Ipanema. Rio’s iconic landmarks include the giant statue of Christ the Redeemer atop Corcovado Mountain, one of the New Seven Wonders of the World, and Maracana stadium, one of the world’s largest football stadiums. Rio de Janeiro will host the 2016 Summer Olympics, the first South American city to host the event, as well as being the showcase city and site for the championship match of the 2014 FIFA World Cup.

Spanish Speaking Students with No Portuguese Language Background

In general, the process for a native Spanish speaker to adapt to Portuguese takes between one and three months. However, it is a different language and the learning process will be challenging. Spanish speaking students with no Portuguese are highly encouraged to arrange for an individual class with a Portuguese language teacher prior to departure from the U.S.

Participants say...
Living in Rio de Janeiro has opened my mind to a completely different perspective in life. It’s a city of enormous contrasts: the wealth and the poverty, the incredible beauty and the big city pollution, the mountains and the sea. It’s a great place for those seeking the large spectrum in life. The spirit of the Cariocas makes it not only livable but also inviting. Foreigners are well received. I learned the most through my volunteer work at a community center and after this trip I really feel like I can do anything.

THE CIEE PROGRAM

Departure and Arrival

How do I get there?

IAP will arrange a mandatory group flight – all participants are required to be on the roundtrip flight. The faculty will also be on this flight.* Tip: Phone home

Upon your arrival, it is a good idea to call your parents. A brief phone call telling them that you have arrived and are fine will relieve them of any worries. At this time you can also pass along exact information on how they may reach you.

On-Site Orientations

As CIEE participant, you will have an onsite orientation when you first arrive. You will receive an introduction to the country, culture, and academic program as well as important information about housing (including details about your host family), safety, food, culture, etc. If you are delayed en route to the orientation site, you must leave a message with the CIEE home office by calling 1-800-40-STUDY as soon as you realize you will be late.

Participants say...
The orientation is very important to understand and undergo the registration process without too much hassle. It’s important to stay in touch with your home school if you decide to take totally different courses. There are so many things to think about, you need this orientation to stay focused!
The staff in Brazil was very helpful in providing me with a more personal orientation. Especially, staff was there with support and community resources on my personal issues of being Asian American and gay in Brazil. They were well informed and pointed me in all the right directions.

CIEE Program Staff

Rio de Janeiro, Brazil

Administrative Director, Sean McIntyre, Ph.D.
With a doctorate from Stanford University in German Studies, Dr. McIntyre subsequently taught freshman humanities at Stanford from 2003 to 2006 and Brazilian Portuguese from 2006 to 2007 as a Visiting Lecturer. Since 2006 Sean has taught Brazilian Portuguese and undergraduate general humanities courses at several colleges and universities in the San Francisco Bay Area. In 2011 Sean moved to Rio de Janeiro where he teaches Portuguese and continues to edit scholarly manuscripts and translate for museum exhibits and literary and theatrical productions.

Program Coordinator, Adams Souza. Adams is a proud Carioca and recent graduate of International Relations at PUC-Rio. Adams will assist students in getting to know the ins and outs of student life at PUC both on a social and academic level. Adams will be instrumental in creating community engagement opportunities and cultural activities for CIEE students. Adams loves cinema, theatre, playing volleyball on the beach and hiking.

Resident Coordinator, Fernanda Gray
Fernanda was born and raised in Rio de Janeiro. While studying International Relations, she went to the US as an exchange student and the experience changed her life. After 11 years of studying and working in Washington state she decided to return to her roots in Rio. She understands well both American and Brazilian cultures. As resident Coordinator, Fernanda administers homestays and helps to create and organize activities for CIEE students. She loves hiking, biking, going on long walks and spending time on the beach as well as visual arts and live music. For Fernanda, moving back to Rio was essential to enjoying her hobbies and an outdoor life style.

CIEE Office

CIEE
Rua Siqueira Campos, #248, 2nd floor
Copacabana, RJ, Rio de Janeiro

22031-071, Brasil

The CIEE office has internet, study area, books, newspapers, and magazines for your use; however you may use the phone and fax only in special cases.

Participants say...
I consider the field trips and personal attention I received from the staff great. I consider also the closeness of the CIEE group a great comfort. I have learned to accept and feel totally comfortable with interpersonal relationships. I have become a more social person and a more verbal person.

Participants say...
After living in Brazil, I learned to appreciate SPACE. Many Brazilians are (unconsciously) people who will stand close to you when they speak with you. Sometimes, they will pick food from your plate without asking or rub your arm or hands. This is culturally acceptable and will likely happen in your home stay. It was an endearing experience, and made me feel very welcome. But just be aware of it... if you really want privacy; make sure to mention it on your housing form. The staff does a great job at placing students with cool home stays.

Part II: Before You Leave Home

A LOT TO LEARN
Preparing for study abroad entails a lot more than just packing a suitcase. In fact, the thought and effort you put into preparing yourself will largely determine the success of the program you are embarking upon. At CIEE, we will do everything we can to provide you with the information you require prior to departure. But there is only so much we can do, and it is important for you to recognize your own responsibilities, which include:

- Thoroughly discussing your study and travel plans with your financial aid office, study abroad office, and academic advisor.

- Doing additional reading about the region/country you will be visiting and the customs of the host culture. While you couldn't possibly be prepared for every new experience that awaits you, reading about the host country will give you a base of knowledge that will serve you well in the early weeks of the program. (Refer to the Reading List at the back of this handout for required and recommended reading.)

- Arriving at the program site with an open mind, a sense of adventure, and a positive attitude toward what lies ahead.
In addition to these required steps, there is a lot more we recommend you do to inform yourself before you go.

Get a Good Guidebook

Past participants recommend that you purchase a good guidebook and read a lot of it before you go! *The Lonely Planet* series is useful. Other guidebooks include the *Let's Go*, and *Real/Rough Guide* series. *Insight* guides provide good background and cultural information. Pay particular attention to sections on obtaining maps and other information from tourist offices, customs of the host country, currency exchange, telephoning home, safety, transportation, and general travel advice.

Tap Other Resources

Other good ways to learn about your new home:

- Check your college or university study abroad office for useful services and information.
- Seek out Brazilians through cultural organizations, international student organizations, and Portuguese or South America area studies departments or centers at your college or university.
- Surf the web. Many websites, such as www.lonelyplanet.com, offer travel information, slide shows, and tips from other travelers.
- Check libraries for detailed information and keep yourself informed of current events through the news media.

Brush Up Your Portuguese

It is a good idea to begin or sharpen your Portuguese skills before departing. Listening to Portuguese tapes, watching films, reading newspapers, and talking to native speakers or fellow students are excellent ways to do this.

Many of you will be arriving in Brazil with a Spanish base and just little background in Portuguese. Even students who have studied Portuguese for several years are surprised to find that they have difficulty understanding the language as spoken by native speakers. This is quite normal. In your foreign language class at home, you can quickly catch your instructor’s accent and other personal speech characteristics. However, this may not be possible once you go abroad and are surrounded by native speakers. Don’t worry: it gets easier.

Participants say...

I loved learning Portuguese and making Brazilian friends. I took advantage of the program: I not only learned a language, I also started writing poetry and short stories in Portuguese.

Make sure you study Portuguese a lot before coming. You won’t regret it.

Learning a whole new language has been fabulous. It has opened me up to a new world of people, literature and culture. I also think it has broadened the possibilities for future careers and opportunities in general. I wouldn’t trade my experience for anything in the world.

Check Travel Advisories

The U.S. government issues travel advisories and consular information sheets for most countries. This information may be heard anytime by dialing (202) 647-5225 or at the following website: travel.state.gov. You can also get this information at any of the 13 regional passport agencies, by writing and sending a self-addressed, stamped envelope to the Citizens Emergency Center, Bureau of Consular Affairs, Room 4811, N.S., U.S. Department of State, Washington, DC 20520.

*Tip: Take a lost passport kit*

It happens. So save yourself a major headache. Take with you two U.S.-produced passport photos, a certified copy of your birth certificate (which you can shrink to wallet size), and the face page of your passport. Keep this "lost passport kit" separate from your actual passport. Also leave one copy of the passport face page with your parents or guardian and give another copy to CIEE staff at the host site.

Be Informed About Home

It is important that you be well informed about your own country, region, and hometown. New friends and acquaintances in your host country will be just as curious about you as you are about them. Be prepared to discuss your home political system, culture, traditions, history, holidays, geography, and social structures.

* Trap: Passport pitfalls

Under no circumstances should your passport be altered. Guard it carefully against loss or theft. Do not forget to sign your passport. Never pack your passport in luggage while traveling; it should be easily accessible at all times.

ESSENTIAL DOCUMENTS

When preparing to travel and live abroad, it is essential that you obtain all the proper documents prior to your departure. CIEE cannot accept responsibility, financial or otherwise, for a
student who travels without the proper documents.

Passports

You are responsible for obtaining a passport prior to the start of your program. If you do not have a passport at the time of application, you must contact CIEE and expedite the process. CIEE needs your passport information to request your acceptance letter, a required part of the visa application.

You must have a signed passport, valid for a minimum of three months after the date you enter Brazil or for the duration of your program plus any travel, whichever is longer. If you do not have a passport, apply for one immediately as the process can take several weeks or even months. If you already have a passport, be sure that it is valid for the required period.

U.S. citizens applying for their first passports must apply in person at a passport agency or at one of the several thousand federal or state courts or U.S. post offices authorized to accept passport applications. Applicants must present the following materials:

1. A completed Passport Application Form (DS-11)
2. Proof of U.S. citizenship (certified birth certificate, expired passport, certificate of naturalization, or consular report of birth)
3. Personal identification bearing your photograph and signature, e.g., a valid driver’s license;
4. Two recent passport-sized photographs
5. A check or money order for the required amount.

Immunization Records

Brazil does not require vaccinations unless you are a citizen of, or arriving from, one of a number of less-developed countries or sites of disease outbreak. But, if you enter countries where immunizations are required, you must present a record of vaccinations. The most widely recognized document for this purpose is the yellow World Health Organization booklet, International Certificates of Vaccination, which is available from most doctors and health centers. Carry this document with your passport.

HEALTH

What health-related steps should I take before I leave?

If you have a chronic illness that needs medical attention, have your doctor write a clinical report that can be given to a specialist in Brazil if necessary. In addition, we strongly urge you to have a complete physical and dental checkup before departing. Any required dental work should be done at home. Women should also have a checkup by a gynecologist.

What medical supplies should I take with me?

If you take prescription drugs, take a sufficient supply with you for your time abroad. (Be sure to take these in their original packages and with the original prescription.) Students who wear glasses or contact lenses should be sure to take an extra pair as well as a copy of their prescription. Contact lens solution and cleansers are very expensive, so you may want to bring a supply. If you use contraceptives, please take an adequate supply with you.

Be prepared for the common cold and for stomach and intestinal disorders often caused by changes in diet and drinking water. It might be wise to take along small amounts of medications in case these problems arise; your doctor may suggest which drugs to consider. Remember, however, to be careful about treating yourself, and be sure to seek professional help when necessary.

Pack medication for diarrhea, constipation, upset stomach, surface scratches and cuts, sore throat, coughs or colds. Bring a supply of multivitamins, including calcium and iron (especially for women). Be sure to take medicine for any recent or chronic ailment that might recur in Brazil. Some over-the-counter medications are available, but it is highly advisable that you bring extra supplies of any medications or prescriptions that you use regularly. Bring the generic names, not the brand names. Most people seriously underestimate the amount of medicine they will need.

What other precautions should I take?

Inform the resident staff of any existing health problems, including mental health, or any potential problems you anticipate arising throughout the course of the program. This includes allergies to any medications. CIEE Portland staff will use this information to ensure that appropriate accommodations are made. Please inform the resident staff if you become ill during the program.
Vaccinations
While no immunizations are currently required for travel to and from southern Brazil, the U.S. Public Health Service recommends that you be immunized against yellow fever as a normal precaution if you plan to travel to the jungle areas. USPHS also recommends that you get shots for typhoid, paratyphoid, and tetanus before you depart.

We strongly suggest that you consult a physician before making any decisions regarding vaccinations. Any vaccinations you receive should be recorded and carried with your passport.

Malaria
If you travel to rural jungle areas such you may be at risk for malaria. Different varieties of malaria are resistant to different drugs. If you are planning a trip to such an area, inquire about the appropriate prophylactic regime once you are in Brazil. None of the program excursions will be to areas of high risk for malaria.

Hepatitis A
If you travel to rural areas where there is poor sanitation, you are at risk for hepatitis A. The best way to protect yourself is to avoid contaminated drinking water and ice, as well as fruits, vegetables, and seafood which have been treated with contaminated water. You should use only boiled or purified water and try to eat only properly cooked/prepared food. You can get Immune Globulin (IG) inoculations (formerly Gamma Globulin) prior to departure. However, since the effectiveness of the IG diminishes with time and must be renewed every 5 months; and since the preparations of the drug in Brazil may not meet acceptable standards, you may elect against having the inoculation.

Hepatitis B
The risk for hepatitis B is high in the interior Amazon basin and moderate for the rest of South America. Hepatitis B is contracted through direct contact with infected blood or secretions.

Dengue Fever
In recent years, dengue fever outbreaks have occurred with increasing frequency in Brazil and most countries of the Tropics, especially in the summer months from November through March.

Dengue is a mosquito-transmitted viral disease occurring chiefly in tropical and subtropical areas of the world. Generally, there is a low risk of acquiring dengue during travel to tropical areas except during periods of epidemic transmission (during or shortly after the rainy season). Dengue viruses are transmitted by Aedes mosquitoes, which are most active during the day. Mosquitoes that transmit dengue usually are found near human dwellings and are often present indoors. Dengue is predominant in urban centers, but may be found in rural areas.

There is no vaccine for dengue fever. Therefore, the traveler should avoid mosquito bites by using insect repellent on skin and clothing and remaining in well-screened, air-conditioned or well fanned areas. Travelers are advised to use aerosol insecticides indoors and use mosquito nets if sleeping quarters are not screened or air-conditioned.

Dengue fever is characterized by sudden onset of high fever, severe headaches, joint and muscle pain, and nausea, vomiting, and rash. The rash appears 3 to 4 days after the onset of fever. Infection is diagnosed by a blood test that detects the presence of the virus or antibodies. The illness may last up to 10 days, but complete recovery can take 2 to 4 weeks. Dengue is commonly confused with other infections illnesses such as influenza, measles, malaria, typhoid, and scarlet fever. The symptoms of dengue can be treated with bed rest, fluids, and medications such as acetaminophen. Aspirin should be avoided.

More severe forms of the disease “dengue hemorrhagic fever” or “dengue shock syndrome” are very rare among travelers. Initially, symptoms are indistinguishable from dengue fever, but the illness progresses to faintness, shock, and generalized bleeding. Simple dengue does not produce long-term complications.

You must notify CIEE Resident Staff if you have symptoms of dengue fever.

Rabies
Avoid contact with loose dogs in rural areas and villages. If bitten, see a doctor as soon as possible, since rabies is always fatal if left untreated.

AIDS
The HIV virus is now pandemic, meaning it is present everywhere, including South America. Take the appropriate precautions. Many U.S. doctors are concerned about needle re-use in some countries. Should you need an injection while in Brazil, make sure the needle comes sealed in a special package and is torn open in front of you.

Take the same precautions that you would in your home country. Be particularly careful of possible infection through intimate sexual contact or blood transfusion.
Smoking
Note that smoking is a bit more common in Brazil and in South America than in the United States. The anti-smoking regulations that are common in the United States are recently becoming common in South America but perhaps not yet on par.

CDC Recommendations
If you plan to travel after the program to other countries or within Brazil, you may want to consult the CDC information specific to those countries. The CDC website is www.cdc.gov.

PERSONAL FINANCES

Cost of Living
The exchange rate is not constant. The New York Times and similar publications publish exchange rates daily. You may also reference www.xe.com or www.oanda.com for up to the minute exchange rates. You should keep abreast of how a rate fluctuates leading up to departure.

What expenses should I budget for?
Costs in Brazil have increased significantly in recent months/years, especially in Rio de Janeiro, so budgeting your funds will need to be a priority. You will need money for meals, snacks, entertainment, toiletries, cosmetics, gifts, local transportation, school supplies, and independent travel. If you plan to travel out of the country, your independent travel expenses will obviously increase.

Besides inflation and currency exchange, another variable that will affect your spending abroad is your individual taste requirements. When creating a budget, it may be helpful to consider how much you normally spend in a semester and inflate it a bit. The cost of living for a student in Brazil is higher than that of a student in the United States. This fact, the added cost of independent travel, and the impulse to splurge-all make careful budgeting imperative. We suggest you take extra money, if possible, for unforeseeable expenses.

Financial Arrangements
You will need to make arrangements regarding traveler’s checks, personal checks, credit cards, and ATM bank cards before leaving home. You must arrange to receive enough money to cover your personal expenses for the time you are in Brazil. You can have money or bank drafts wired, but you will lose a lot of money on the exchange rate. Whoever handles your finances at home should find a bank or other financial institution that has correspondent banking facilities in Brazil. Try not to send money if it can be avoided. See the section Money and Banking in Part III for details.

Please refer to the cost breakdown on our website to assist in your budget planning. It is based on the amounts spent by students in the program last year.

* Tip: Forget "Hey Mom, send money"
It is important that you make arrangements to receive enough money to cover your personal expenses for the time you are in Brazil prior to your departure from the United States.

Tip: Should I bring a laptop computer?
Yes, if you have a laptop it would be worth bringing. Although we don’t recommend carrying the laptop with you wherever you go during your semester. However, it would helpful for school work and there are host families and some locations with wireless. There are some wireless locations in the city. It is also okay not to have a laptop as there are computers at the universities and Inet café’s throughout the city.

PACKING AND BAGGAGE
Try to organize and pack a day or two prior to departure so that you can judge if you’ll be able to carry your bags (you must be able to do this). Some students have even practiced by carrying their bags around the block! Also, by packing early you’ll have time to rest before the long trip.

What are the baggage limits?
Limits vary. Read the weight limitation and baggage allowance information provided by your international airline carrier. Generally flights overseas permit two pieces of checked baggage and one carry-on piece. Each checked bag must weigh less than 70 pounds. Total dimensions (length + width + height) of the first piece must be less than 62 inches, and the second piece less than 52 inches. Total dimensions of the carry-on must not exceed 45 inches and must be able to fit below the seat in front of you or in the overhead compartment. If your baggage exceeds any of these standards you may be charged for excess baggage. Check with your airline regarding any items that are oversized.

Domestic flights have stricter weight limitations and usually only allow 50 pounds. You will want to keep this in mind for any independent travel you might plan.

What should I pack?
For a complete list of what to take, please see the Suggested Packing Checklist at the end of this handbook. Experienced travelers agree: take as little as possible.
Climate
Generally, the temperature in Rio hovers between 70-85 degrees Fahrenheit all year round. But you can expect a few chilly days so pack a sweater. It is a pleasant, rarely stifling environment. There are beaches everywhere.

Clothing
Plan to dress much as you do in the United States. While most Brazilian students are casual in dress and jeans, shorts and T-shirts are popular, a clean, neat appearance is expected. Ragged jeans and tattered clothes may be offensive. Brazilians can be very fashionable and the style of dress tends to be cosmopolitan. Although it is unlikely that you will have the occasion for formal attire we recommend that you bring a nice outfit in case you are invited to attend a graduation or special event. In the summer (November-March), it can get very humid and hot and, as a result, too uncomfortable for jeans. Women often prefer to wear cotton dresses, skirts, or Bermuda shorts in the summer months. You will definitely need rain gear, since it rains a lot in both winter and summer. You will do a lot of walking so bring comfortable walking shoes. U.S. students have often said they took too much clothing. Don't forget that nothing ruins traveling abroad more than having too much luggage, especially when you have to carry it yourself. You can save packing space by coordinating your clothing so that shirts and sweaters can be worn with different skirts and pants. Bring comfortable walking shoes. Peg the weight of your clothing to the season you go; take wool and heavy cottons for winter and lightweight clothing for the summer.

Participants say...
Try to pack light, but also make sure you have everything you need. Consider not bringing what will be readily available for purchase in Brazil, like toiletries or clothes. It’s better to bring perfume or electronic with you because they can be expensive in Brazil.

Budget from the beginning and take advantage of all discounts for students (movies, shows etc).

Be prepared to spend money!

Toilet Articles
Bring with you things you frequently use that may be specific and available only in the US like vitamins, products from special brands or medicines that require a prescription. Most other toiletries will be available in Brazil for approximately the same cost.

Prescriptions
If you take prescription drugs, ask your doctor to give you a copy of the prescription with the name of the generic drug, not a brand name, as your brand may not be available in Brazil. This way, in case you lose your medication or you are unable to get a supply for the entire semester, you will be able to obtain a similar product.

You should bring enough of your medication for your full time abroad plus a little extra in case anything happens to it. When preparing to bring your medicine, package it together in a zip lock bag along with a note from your doctor detailing what the medication is for, and a prescription for a generic version of the medicine.

You will also need to check whether or not your medication is allowed in the country – the best way to do this is contact Fed Ex international shipping. We do not recommend planning on having your prescription medication shipped to you during your semester or year, shipments can be held up at customs in Brazil for an indeterminate amount of time.

CDs/iPods/MP3players
Be sure to bring some music with you. There will be many occasions to listen to it and will fun showing your Brazilian friends or host families what you like.

Books
If you are certain that you will take a course in a definite area, e.g. Brazilian history, U.S.-Brazilian relations, or specific aspects of economics, consider bringing some recent books on the subject, since such courses will probably not use a specific textbook. But remember books take up a lot of weight to travel with, E-book readers like kindles or nooks might want to be considered for purchasing books in English and limiting the weight of your luggage. It may be wise to bring a dictionary and/or a book on Portuguese grammar. CIEE has a few travel guides and some literature in English that you can borrow.

Electrical Appliances
Most of Brazil, including Rio, uses 110- volt current, but some cities use 220 volts. If you bring anything electric, be sure to check the voltage before plugging it in. You could have customs problems with electronics (which are usually highly taxed as imports), but if you can assure them that what you are bringing are personal items, you should have no difficulty. If you bring anything new, make sure you take it out of the packaging. You might be required to have these items written in your passport by the customs officials, and you will be required to take them back out of the country with you when you leave.
Most students recommend bringing your laptop with you, but also know that there are computers/wireless at PUC and CIEE where you can type your papers.

**Sports & Recreation**
If you plan to use a musical instrument, bring it with you. Sports equipment can be bought in Rio generally at higher prices than in the United States.

**Mementos from home**
Bring things from home that you can share with your Brazilian family and friends. This includes pictures of yourself and your family in the United States, recipes you like to cook, typical items from your community, college, or region of the United States, and items related to talents that you might have and wish to share.

* Tip: Passport and credit card numbers
Remember; leave a photocopy of your passport and a list of credit card numbers at home.

What if I want to have things mailed to me abroad?
If you are considering having some items mailed to you after your arrival, see the section on Post Office and Mailing Procedures in this handbook.

**PREPARING FOR CULTURAL ADAPTATION**

Although cultural adaptation is highly individual, research indicates that most people go through similar stages in adapting to a new environment. Do not underestimate the cultural differences between Brazil and your home country. Any travel you’ve done abroad has exposed you to culture shock. During your on-site orientation, the resident staff will discuss details about culture shock and give strategies for adapting to your new surroundings. CIEE will also hold a series of cultural adaptation activities to both interest you and assist you through the process of living in another culture. Near the end of the program, they will also provide information on reverse culture shock and suggest ways of coping with returning home. If you’ve never had to overcome culture shock, you might want to read about it before you depart.

**The Glimpse Foundation**
CIEE is an institutional member of The Glimpse Foundation. As a CIEE student, you get access to a full range of services that will help you prepare for your time abroad and/or enable you to share your insights during and after your overseas experience.

These services include:

- Access to Glimpse’s content archive, which currently contains over 400 student-written articles from 88 countries.
- Access to the Glimpse ’Ask the Expert’ database so you can connect with current and returned study abroad students in your country/region.

To get started go to GlimpseAbroad.org at: http://glimpse.org/

Enjoy!

**Part III: Living in Brazil**
Sometimes living in a university environment abroad makes it easy to forget you’re not home. Remember, you are in another country with its own laws and customs, and they are different from the ones you’re used to. Be aware of this and conduct yourself accordingly. Also, be sure to attend classes regularly and participate in program activities.

The orientation described in Part I will also cover practical aspects of living in a new place, Brazilian laws, proper social conduct, and cultural differences, including race, gender, and class. For example, some past participants have found that many Brazilian nationals had a distorted and stereotyped image of U.S. women, often acquired through advertising, television, and movies. The resident staff will provide insights into the local culture’s view of women and suggest ways to reduce anxiety and to ensure personal safety.

**MEETING BRAZILIANS**
Just as it is impossible to define a typical American, it is equally impossible to define a typical Brazilian. You will meet many types of people in Brazil who have different opinions, attitudes, and habits. The more you interact with Brazilian people, the better chance you’ll have of forming relationships and understanding the culture. During these interactions use common sense, intelligence, and a sense of objectivity. Be prepared to discuss your views freely and openly, and try to listen with an open mind.

You may arrive in Brazil with some preconceptions about Brazilians and may encounter some Brazilians with preconceptions about people from the United States. Try to put aside stereotypes and make judgments based on real experiences. If you are confronted with what you feel is a false stereotype about the United States, be frank and truthful, yet tactful in your response. Avoid refuting arguments with odious comparisons to Brazil. This type of
response will only create bad feelings. A positive and serious response from you will help dispel myths about the United States.

Cultural Note: Personal Space in Rio
Past participants in Brazil’s programs have commented on personal space a lot. Brazilian culture is known for encouraging closeness and a lot of sharing. It is common when being introduced or meeting an acquaintance of the opposite sex on the street to give a kiss on each cheek. Among friends, there is a lot of arm stroking, feeling one’s clothing, touching other’s hands while talking.. Many women walk hand in hand. Bedroom doors are almost always left open and privacy is not usually considered as important of a cultural value as in the U.S. So it is a good idea to advise your host families that you are shutting the door for studying or reading or they may misinterpret the intentions.

Brazilian life, especially in Rio, is very much based on street culture, making friends and being outside of the home.

* Tip: Tipping
Tipping is not expected and most services get tipped a mandatory 10%, often included in the bill. But tipping is always very appreciated and if the service is friendly and helpful, you may want to give more than the 10%.

Cultural Note: Minority issues
African-American and Latino-American students have found Brazil programs of special interest because of its location in a country with strong African as well as European roots. While Brazil indeed has much to offer minority students of an ethnic background in this regard, it is also true that students encounter attitudes concerning race and color that may be different from what they expect. Remember that although there are similarities in racial make-up and formation between the U.S. and Brazil, they have different histories. As a student new to Brazil your experience will be an opportunity to understand these similarities and differences and compare and contrast with your own country.

Past participants have remarked that Brazil is a racial democracy on a social level and that inequality issues are related to class. Other participants have remarked that the racial democracy concept is a myth. One thing that is for sure is that Brazil, like the United States, is a rich and complex melting pot of peoples and with patient observation we hope that CIEE students gain new perspective and knowledge of racial relations in Brazil.

Cultural Note: Gay, Lesbian, Bisexual and Transgendered Students
Brazil is home to one of the liveliest gay scenes in South America. Undoubtedly Brazil’s homosexual scene and LGBTQ politics have been influenced by Western European and North American gay cultures. Although the historically dominant Portuguese and Catholic value systems provided Brazil with its normative gender and sexuality specifications that still influence Brazil, LGBTQ groups, NGOs and organizations have flourished since the 1980s and as a result have brought issues into the open and decreased discrimination, especially in metropolitan areas. In 1995, Rio held the 17th annual International Gay and Lesbian Association’s Conference which marked a turning point in working for equal representation within homosexual organizations. Each year, Rio de Janeiro hosts one of the largest Gay Pride festivals in the world. Organizations in Rio that support LGBTQ rights include AtoBá, Triangula Rosa and Arco Iris. Gay, lesbian, bisexual and transgendered students will most likely find a conflicting experience among Brazil's sexual minorities. Announcing your sexual orientation is something that is a very recent concept in Brazil. Gay students who have participated in the program have commented that despite Brazil's image of “open sexuality,” gay life may be quite different Brazil than in the U.S. Resident staff can assist students individually with information about the contemporary gay, lesbian, bisexual and transgender scene, general safety guidelines, your housing situation, and how to make your integration more rewarding. All requests are considered confidential.

Cultural Note: Women and Gender Issues
Some students may find that the role of Brazilian women in their society is different than what they are used to in the United States. Both male and female students may experience challenges surrounding the roles each gender plays in Brazilian society.

In public social settings such as dance clubs, it is important to remember to use common sense. If you do not feel comfortable, you should firmly say "no" to an invitation or find one of your friends to help you. Only give your address to people you know and trust. In time, you will become more comfortable with local values and customs and will begin to make friendships with Brazilians.

Note to Those Who Have Been to Brazil
Some of you may have been to Brazil before, possibly on a program during high school where you lived with a Brazilian family. That experience will be useful to you in many ways as you go back to Brazil, but keep your earlier time in perspective. You were younger; you had a family to look out for you; you may not have been as aware of, or as exposed to, the intensely political side of Brazilian life as you will be on this stay; and you did not have to cope with the challenges of university student life. Expect that peoples' reactions to you are going to be different, and expect that your reactions to Brazil are going to be different. They may be as positive and rewarding as the first time; they may push your limits more than you can now imagine. One of the former students put it this way: “Warning: the first time you're here you feel like every day you learn something new. The second time is the first time run in reverse; everyday you feel like you understand less.” Keep that in mind.

SAFETY PRECAUTIONS

The health and safety of program participants abroad is understandably an important issue for all concerned. CIEE was a founding member of the Inter-Organization Task Force on Safety and Responsibility in Study Abroad.

The CIEE approach to safety is threefold. First, we conduct a careful safety evaluation of every program we run. Next, when the students arrive on site, we conduct a thorough orientation, which includes tips on reducing risk and handling difficult situations should they arise. Finally, program staff continuously monitors local conditions in order to provide guidance to participants throughout their stay.

Experience has shown that the single most important factor in assuring a safe study abroad experience is the sensible and cautious behavior of the participants themselves. When traveling abroad, you should exercise additional caution until you become familiar with your new surroundings. Always remain alert to what is going on around you, especially in crowded tourist areas and on public transportation.

Rio does suffer, like other large cities, from common crimes. Be careful about what you do and where you go, just as you would in any major city in the world. During orientation, the staff will inform you of the areas of town to avoid and the safe times to visit certain places. They will also expand on the information below.

Follow these general rules:

- Tourists are common targets for pickpockets. Be aware of your backpacks and cameras especially on crowded buses. Don’t carry large amounts of cash or your passport with you. Never leave belongings in a parked car.
- Keep a suitcase that can be locked under your bed and leave your money, passport, camera, and other valuables secured in it.
- When you carry your passport, wear it around your neck in a thin pouch inside your shirt. If you must carry it in a bag, use one that can be slung diagonally across your chest and that has a sturdy strap that cannot be easily ripped.
- Do not use public transportation late at night.
- At night, don’t take shortcuts. Take a cab or walk on main streets. Taxis are expensive but very safe.
- When carrying a purse or bag beware of pickpockets in narrow, crowded streets.
- Never carry valuables in the pockets of your pants. Leave valuable jewels at home in the United States.
- Never accept rides with anybody you do not know.
- As noted earlier, keep a photocopy of your passport in a separate place. This will speed up the process of replacing your documents should they be lost or stolen.
- Be especially cautious in areas frequented by tourists, especially when exchanging money at a bank or money machines or in crowded downtown areas.
- If you are the victim of a pickpocket, or if something is stolen, inform the Resident Director who will help you make a report.

* Trap: Letting down your guard
When visiting a foreign country, you may well be enchanted by your surroundings and engage in behavior that is not typical of you. This may cause you to let your guard down and be susceptible to crime. Practice common sense and exercise good judgment. Remember that you are more likely to be a victim of crime if you have been drinking alcohol.

COMMUNICATIONS AND MAIL

Telephone
International phone calls and especially collect calls can be expensive. The easiest and cheapest way to make calls to the USA is to use Skype. If you don’t already have an account we
recommend getting one. It’s a very user friendly program and can be used from all internet cafés in Salvador and the CIEE office. If you plan on having friends or family call you then to dial Rio from the United States, dial 011 55 21 + the phone number.

Rio is 1 or 3 hours ahead of the East Coast of the United States, depending on U.S. Daylights Savings time. So, remind friends and family that when it’s 6 p.m. in New York, it’s 7 p.m. or 9:00pm in Brazil.

For phone calls in Brazil, the resident staff onsite will help you to secure a cell phone, which will operate on a pay-as-you-go method. You’ll purchase airtime cards that you’ll use to refill the usage on your phone.

* Tip: Short phone calls
Phone service in Brazil is expensive so the telephone is used only for brief messages or for emergencies.

Fax
The CIEE Office in Rio will help you send faxes if you need course approval in order to guarantee a semester credit. Charges for personal faxes will be based on current fax rates in Brazil. Incoming faxes should be addressed to you, using your full name.

E-mail/Computers

Rio
The CIEE office has wireless and computers for you to use. There are also numerous Internet cafés in Rio where students can check their e-mail (for approximately $3 USD per hour). Most host families have access to internet and/or wireless.

Post Office and Mailing Procedures
Regular mail from the United States takes about 2 weeks, but large parcels may take longer. Don’t have things shipped to you; it can take up to 4 months. Electronics, clothes and many other goods are heavily taxed when mailing or sending them via courier into Brazil and students must pay these taxes to receive the package.

* Trap: Don’t mail cigarettes or alcohol
It is illegal to send cigarettes or alcohol through the mail.

Rio Mailing Address:
CIEE Sean McIntyre
Student’s name
Rua Siqueira Campos, #248 / B
Copacabana, RJ, Rio de Janeiro
22031-071, Brasil

MONEY AND BANKING

Arrive in Brazil with several ways to obtain money so that in the event one method fails or is inconvenient, a back-up option is available. The best way to get money is with a bank card affiliated with Visa or Mastercard. Most major banks in Brazil will allow you to withdraw using your American card. It is only certain ATMs inside these banks that accept internationals cards. Visa/Mastercard stickers usually indicate that the ATM accepts international cards. Make sure to advise your bank you will be traveling to Brazil. Often banks will cancel cards for security purposes when they see transactions from other countries appearing. Travelers checks are a good idea to have as backup in case your card is lost or stops working.

Brazil’s economy has been stable for several years now. However, before leaving the United States students should pay attention to the economic situation because the situation could change. Certain things are more expensive like electronics, brand name clothes, make-up, books or CDs. The national currency is the real (pronounced hay-ow), broken down into 100 centavos.

Credit Cards
Major credit cards are accepted at restaurants and stores. Past participants highly recommend Visa, MasterCard or Amex. Make sure credit cards will not expire during your stay. If it is not convenient for someone at home to handle your finances and pay your bill, make arrangements to have statements sent to Brazil by airmail. Otherwise the grace period allowed is likely to expire before you receive your statements. Credit cards are a great back up method while abroad in case anything should happen to your ATM/Debit bank card.

ATM/Bank Cards
Maintaining bank accounts at home and withdrawing money from ATM/MAC machines in Brazil is the preferred form of financial access by past participants. ATM/MAC machines with access to PLUS or CIRRUS banking systems are available in Brazil. You can withdraw local currency from the machine without commission charges. Although the conversion rate is best via ATM most USA banks charge a fee between $5 and $10 for international withdrawals Be sure that you have addressed the following questions if you plan to use a bankcard:

- Verify that your bankcard is valid for an international banking system.
- Call your bank before leaving for Brazil to advise them of your travel. As a security
measure, banks will usually put a freeze on cards when charges from foreign countries appear.

- Verify if you can access a savings account with your bankcard abroad. Many past participants have not been able to access their savings account while abroad, regardless if it is within the PLUS or CIRRUS network. Depending on the answer, you should consider transferring your savings funds into a checking account.

- Make sure your PIN is in numbers not letters (most ATM/MAC machines in Latin America have only numbers on their keypads).

- From your bank, obtain a list of international banking system ATM machines in Brazil and other locations where you plan to travel in Latin America. The following websites also have international ATM locations: www.visa.com; www.mastercard.com/atm

- Check with your bank regarding international transaction and access charges associated with using ATM machines.

While some banks do not impose additional charges for using a bankcard abroad, others can charge up to $10 per transaction. If your bank charges a high fee, you should consider switching to a bank that charges less, or you can plan to make less frequent ATM transactions in larger amounts.

If you decide to use your ATM/Bank card as your primary way to access money, and the fees charged by your bank are high (per a transaction) then consider purchasing a small lock box (or you may not need it if your suitcase/luggage has a lock). That way, once you locate an ATM closer to your host family you can take out larger sums of reais at a time and then go immediately home to put them away.

If this is the way that you choose to access reais while in Brazil, you should also bring an “emergency stash” of traveler’s checks or a credit card.

* Trap: PIN numbers
For both credit cards and bankcards, inquire with the issuer to verify that the card is valid for an international banking system. And memorize your PIN in numbers not letters; Foreign phone pads are often configured differently.

Banking
Foreign students are not allowed to open checking or savings accounts. In any case, there is no advantage to it, as your dollars would be converted to reais and you may actually lose buying power.

Participants say...
Bring money to travel afterwards—it’s absolutely necessary to have time to reflect on what you’ve learned in Brazil.
These days bank cards affiliated with Visa or Mastercard are the easiest way to get money. Traveler's checks are useful in case of emergency or if you lose your card.

Participants say...
To get money wired, go through Western Union. It's easy.

MEDICAL FACILITIES
If you have a medical emergency, please notify your resident staff. They will know of the best facilities for your treatment. For non-emergency visits, students will have a list of doctors of various specializations and can make an appointment. The resident staff in Rio will assist you in making appointments or direct you to the best emergency center. Be prepared to have cash money and possibly pay up to $100 U.S. for a doctor's visit. Your medical insurance through CIEE will reimburse you later.

GETTING AROUND
Local Transportation
Students in Rio most often commute to classes by bus, subway, bicycle or on foot. Although Rio is one of the biggest cities in the world, students will be housed within easy proximity to reach the university and study center using public transportation.

Metró (subway) - Rio de Janeiro has a modern subway system called the Metró. The Metró covers a large part of the city and although it does not quite reach PUC-Rio, there are above ground Metró buses that will continue to the university as part of the fare.

Public Buses - Public buses in Rio de Janeiro are plenty and frequent. It may take a little time to become familiar with routes and how to get from point A to point B but the system is efficient and a common way to get around the city.

Walking - Rio de Janeiro is a walk-able city and depending on where the homestay is located walking will be an option, albeit a slower one, to various locations. Walking late at night is not advisable.

Biking - Rio de Janeiro is in the middle of campaign to increase bike use throughout the city. As a result, biking has become very popular
and ‘ciclovias’ (bike paths) have been installed throughout the city. Used bikes can be purchased for between $US150.00–$US300.00. It is imperative that students use helmets and speak to CIEE about bike safety before considering using a bicycle for transportation.

Participants say...

Living in Brazil has above all taught be to be extremely patient waiting in lines. But I've also learned to be more tolerant of others. I'm a lot more laid back. Be prepared for the traffic and pollution along with the beautiful mountains and beaches. Be prepared to have a fantastic time. Travel as much as possible.

Independent Travel

You will no doubt want to explore Brazil, particularly on weekends and CIEE encourages you to do so. Some students leave the city to go to the beaches up or down the coast such as Buzios, Ilha Grande or Paraty or inland to national parks such as Itatiaia. Airfares to various locations in Brazil are relatively inexpensive and the options are virtually limitless. Past students have visited the Amazon Rainforest, Salvador da Bahia, Florianopolis and the southern beaches, the Pantanal in western Brazil, Sao Paulo and many more locations. Some students may choose to travel at the end of the program. The program office has an extensive collection of travel information, from maps and magazines to the tourism supplement of the local newspapers. Before leaving the United States, gather as much information as possible about places you may want to visit. Of course, this may require additional funds.

Modes of Travel for Long Distance

Bus

Travel by bus combines convenience with low cost; buses are comfortable and well scheduled. For long overnight trips, you may want to go by **leito**, a bus with half the number of seats. Its wide seats recline completely so you can sleep pretty comfortably, and blankets are provided. **Leito** seats cost twice the normal fare, but you do save the cost of a room. Long distance buses have numbered seats and no standing-room passengers. With few exceptions, you can buy tickets only at the point of departure, meaning that you cannot buy round-trip tickets or tickets beyond the first point where you plan to interrupt a long trip. Tickets are non-refundable, and usually sold only when you can present documents proving your identity. Buy tickets in advance, especially during peak travel seasons.

* Trap: Wherever you go...*

You must inform the Resident Staff of any travel involving an overnight stay. Failure to do this may result in your dismissal from the program.

Air

Travelling by plane has become less expensive in Brazil and is usually the preferred option both economically and time wise. You can check with travel agencies in the US about purchasing a Brazilian airpass which offers 5 Brazilian cities for a set price. The problem is that it needs to be confirmed and issued with your international tickets before arriving in Brazil and the dates have to be prearranged and are not flexible. The value of the Brazil Airpass is quite good but if you want more flexibility you should wait to purchase inter-Brazil flights when you arrive. There are often very good promotions through the domestic airlines in Brazil such as GOL or TAM airlines.

Hotels and Hostels

If you plan to stay at hostels while travelling, a good website for your search is **www.hostelworld.com** Some hostels will give you a discount with your hostelling international card but the card is not necessary at most hostels.

RELIGIOUS ORGANIZATIONS

If you are religious or interested in religious organizations during your stay in Brazil, please ask the Resident staff and host families for information on local churches and/or religious organizations.

ILLEGAL DRUGS

Penalties for drug violations in Brazil are often harsher than in the United States. If you use illegal drugs, you may be expelled from the study program, and the local police may prosecute you as a criminal. Remember that you are subject to Brazilian laws. You are not protected by your own country’s laws. The United States and other governments can only seek to ensure that their citizens are not discriminated against; that is, that they receive the same treatment as do citizens of the country in which they are arrested who are charged with the same offense.

INCOME TAX

Most U.S. citizens and residents must file U.S. income tax returns even if their earned income is exempt from taxes. State requirements vary; call or write to the appropriate state office. Internal Revenue Service income tax information and forms are available at U.S. Embassies and Consulates. Since tax laws change from year to year, direct any questions to the U.S. Consulate.
Non-U.S. citizens should contact the appropriate authorities in their own countries for taxation information.

EMERGENCY CONTACT INFORMATION

In case of an emergency, parents or family can reach you by calling CIEE’s program director in the U.S. The CIEE home office is in touch with our Rio office, so call CIEE in an emergency.

Contact information for the CIEE home office will be included in an email Final Mailing sent about a month before departure to both you and the emergency contact designated in your application materials.

Participants say...

I don't feel I have changed much, but I have learned to accept different ideas and opinions. I have also learned to be more patient.

I am definitely coming back to Brazil to research and enjoy all of the wonderful things I haven't yet experienced here.

Part IV: Policies and Procedures

Please click on the following link to view CIEE’s Policies and Procedures: http://ciee.org/study/terms.aspx.

This website includes:

General Policies
- Admissions
- Late Arrival and Early Departure
- Exceptions
- Drug and Alcohol Violations
- Alcohol Policy
- Dismissal from the Program

Academic Policies
- Student Academic Orientation
- Course Loads, Credits, Equivalencies and Grades
- Academic Records
- Attendance
- Pass/Fail and Audit
- Drop/Add Period
- Incompletes
- Withdrawal from a Course
- Academic Honesty
- Appeals

Program Fees and Payment Policies
- Confirmation of Participation
- Payment of CIEE Program Fees
- Due Dates, Late Fees and Interest
- Exclusion from Participation
- Late Fees and Interest
- Withdrawal and Deferral Policy
- Program Cancellation

Please make sure to review this website. Your signature on the “Program Participant Contract” indicates that you have read and agree to comply with all of the policies provided to you on that website.

A NOTE FROM CIEE

CONCLUSION: THE CHALLENGE IS UP TO YOU

Your stay abroad may be one of the most vital and rewarding times of your life. Don't worry about what you are going to miss at school by going overseas. You will learn so much abroad! The people you meet and the situations you experience may be invaluable in the years to come.

We hope you will arrive prepared to adjust to a way of living that is different from your own; to a way of thinking that may be, in some cases, more traditional, more conventional, and more conservative than your own. You will also most likely encounter new and different views about the U.S. and its people. Take the opportunity to learn from these and to clarify misconceptions about the U.S. when you can.

Remember that each person you meet will see you as a representative of the United States. If you can accept differences cheerfully and with an open mind rather than attempting to alter the environment around you, you can contribute to a positive relationship between the country and the United States.

CIEE wishes you every success

Participants say...

Overall my experience abroad is something that I would not trade for anything. Being abroad gave me the opportunity to push myself beyond my comfort zone thus increasing my abilities to deal with more confidence. My only advice to those coming abroad is to constantly push yourself. Venture out on your own and don't let your fears deprive you of the opportunity to try something new.
Part V: Additional Resources

RECOMMENDED READING

We urge you to read several of these publications to expand your knowledge of Brazil and ease your adjustment to Brazilian culture. Many of these books can be purchased at your local bookstore or may be available for reference at your campus study abroad office or local library.

Books on Brazil

The starred books provide excellent, general historical and cultural backgrounds about Brazil and are the most up to date.

- Shoumatoff, Alex. The World is Burning. Little Brown, 1990. (An account of the Chico Mendes story). Author has also written several other interesting books on the Amazon.
- Selected fiction by Jorge Armado and Paulo Freire
- Robb, Peter, A Death in Brazil: A Book of Omissions. John MacRae Books, 2004. Book about the fall of Fernando Collor, the rise of Lula intertwined with many histories from northeast.
- Castro, Ruy, Rio de Janeiro: A City on Fire (Writer and the City).Bloomsbury USA, 2008. A quick read and summary account of what makes Rio the special city that it is today,
- Favela: Four Decade of Living on the Edge in Rio de Janeiro. Oxford University Press, 2010. An extensive sociological study spotlighting four poor neighborhoods in Rio de Janeiro with histories and documented changes in favela residents and the neighborhoods over the past four decades.

Books On Cultural Adaptation

Adaptation to a new culture can be difficult. The following reading list contains publications that deal specifically with issues of culture shock and the difficulties associated with living overseas. Many of these books can be purchased at your local bookstore or may be available for reference at your campus study abroad office or local library.

- Citron, James. Short-Term Study Abroad: Integration, Third Culture Formation and Reentry. NAFSA: Association for International Educators, 1996.
WEBSITES
For those students with access to the Internet, we also encourage you to look at the many sites on student travel as well as on Brazil, Rio de Janeiro, Salvador da Bahia and São Paulo including the following:

www.ciee.org - CIEE web site. If you haven't already, take a look and find out about other CIEE activities around the world.

www.gringo-rio.com – a general guide to Rio for backpackers and young travelers

www.gringoes.com – a through blog-site about Brazil with extensive information for the traveler, student or ex-pat that is interested in Brazil

http://riotimesonline.com - a monthly newspaper highlighting events in Rio, in English

www.rioonwatch.org This is a website that has various articles written by local amateur journalists and translated into English. The articles relate to the ongoing changes in Rio and how they are affecting the community, in both positive and negative ways.

www.statatravel.com - For a direct link to STA Travel information on student tickets, travel gear, and other interesting information for the student traveler.

http://www.puc-rio.br/ensinopesq/ccci/ - student exchange department website, PUC-Rio


www.folha.com.br - Practice or become familiar with the Portuguese language

www.usc.edu/dept/overseas/links.html - Resources for colleges and universities in international exchange

www.usp.br - The official website of the Universidade de São Paulo.

www.miusa.org - Website of Mobility International USA. Very helpful resources and support for students with disabilities who want to study overseas.

www.ggn.org.br - Website for Grupo Gay da Bahia

www.dfat.maeic.gc.ca/travelreport/menu_e.htm - Canadian Consular Services Travel Information and Advisory Reports, offering a different viewpoint from the U.S. Department of State travel advisories.

www.dfat.gov.au/consular/advice/consadvice_main.html -Australian Consular Travel Advice, for an alternate opinion on traveling to Brazil.

www.indiana.edu/~overseas/Lesbigay - Information for study abroad students who are gay, lesbian, bisexual, or transgender (includes links to other websites and bibliography resources).

www.fco.gov.uk/travel/default.asp - Foreign Commonwealth Office of the United Kingdom, for the British version of traveling to Brazil.


http://brazilianportuguesepod.podomatic.com/ - Lessons in Brazilian Portuguese via podcast!

Additionally, the Overseas Studies Office at the University of Southern California (USC) maintains an extensive web site with a number of relevant links under topics including cross cultural information, currency conversion/money abroad, financial aid, government sites, health and safety
issues, insurance, passports and visas, phone codes and time zones, weather, and transportation.
This site can be found at: www.usc.edu/dept/overseas/links.html.

SUGGESTED PACKING CHECKLIST
You'll want to pack what best reflects your own life style and taste, but CIEE created a list of possible items to bring with you to Brazil:

**Important Documents**
- Airline ticket (save the return ticket if it's a round-trip ticket)
- CIEE Student Handbook and final email
- Credit card/phone card
- Home Advisor's address, fax, email
- Passport/Photocopy of passport (keep separate from passport), and your Pedido de Visto. We recommend scanning and saving by email for easy access.

**Clothing - Suggested**
- Bras (4)
- Coat
- Flip-flops or sandals
- Pajamas/nightgown (2)
- Pants (4-5, some lightweight)
- Robe
- Shirts, blouses, dress shirts (10)
- Shoes (2-3 pair including a dress pair and a pair of sturdy, comfortable walking shoes)
- Shorts (2-3)
- Skirts or dresses, (2) for dressy occasions in Brazil
- Slip, (if necessary)
- Sneakers
- Socks (5-6)
- Sportcoat/blazer (optional)
- Sweaters/sweatshirts (2-3)
- Swimsuit
- Ties, belts (1-2)
- Underwear (10) one week's worth

**General-Optional**
- Address book, including email
- Adhesive tape
- Backpack/Overnight bag for traveling
- Batteries
- Birth control/condoms
- Bottle/can opener
- Camera/film/Blank CD’s to burn digital pictures/flashdrive
- Contact lens solution
- Flashlight
- Portuguese grammar book
Gifts/Photos from home
- Glasses or contact lenses, extra pair, prescription
- Guidebook
- Gyneocological supplies
- Hair dryer
- Journal
- Medication you are taking and a **copy of the prescriptions**
- Medicine kit, small: antacid/anti-diarrhea medicine/aspirin/band-aids/cold medicine
- Money belt or pouch
- Nail scissors
- Pocket Portuguese - English dictionary
- Raincoat
- Reading material: books, magazines
- Recipes
- Sewing kit
- Soap and soap dish
- Sunscreen
- Sunglasses, good pair
- Toiletries: brush, comb, deodorants, toothbrush, toothpaste, etc.
- Towels (1 beach, 1-2 bath) - Towels and linens are provided by the homestay family
- Travel alarm clock
- Umbrella
- Washcloth, towel or beach towel for traveling
- MP3player
- Laptop (optional) with electrical adapter and security/theft recovery software - if you plan to take a laptop, be sure you have the appropriate electrical adapter. Additionally, we recommend that any students taking a laptop consider installing security/theft recovery software. One example of this software is Computrace LoJack for laptops, made by Absolute software.
- Battery operated CO detector

**Packing light is always worth it!**