Brown in Brazil Program Handbook
2016-2017
Table of Contents

Introduction .................................................................................................................. 3
Important Addresses ..................................................................................................... 4
Student Costs in Brazil ................................................................................................. 7
    Refund Policy ........................................................................................................... 7
Dismissal from the Program .......................................................................................... 7
Program Calendar ......................................................................................................... 8
Before You Leave Brown... ......................................................................................... 10
What to Pack.................................................................................................................. 11
Pre-departure Health Information .............................................................................. 13
    Health Insurance .................................................................................................... 13
    Health Tips............................................................................................................. 14
Medical Care in Brazil..................................................................................................... 17
The University: PUC-Rio ............................................................................................... 18
    Classes and Registration ...................................................................................... 20
    Pre-registration ..................................................................................................... 21
    Independent Study Project .................................................................................... 23
    Extra-curricular Classes ....................................................................................... 23
Libraries ......................................................................................................................... 25
Places to Eat near Campus ............................................................................................ 26
Housing .......................................................................................................................... 27
Banking and Money Exchange ...................................................................................... 30
Communications .......................................................................................................... 31
Around Rio ..................................................................................................................... 32
    Restaurants and Bar/Cafes ................................................................................... 35
Safety Tips ....................................................................................................................... 37
    Police emergency Number#190 .......................................................................... 37
Travel/Getting Around .................................................................................................. 37
Internships and Volunteer Work ................................................................................... 39
Carioca Vocabulary/Etiquette ....................................................................................... 39
Weather .......................................................................................................................... 39
Weights & Measures Conversions .............................................................................. 40
Final Thoughts ............................................................................................................... 41
INTRODUCTION

Welcome to Brown in Brazil!
Bem-vindos ao Programa da Brown no Brasil!

This handbook is designed to help you through the process of preparing for your journey to Brazil and your participation in the Brown-in-Brazil Program. This booklet, in conjunction with the OIP’s General Study Abroad Handbook, will help answer questions that you and your family may have about what to expect.

We would also like to emphasize that study-abroad programs require flexibility, openness to change, and a willingness to enjoy the unexpected. We urge you, as you read this booklet, to ask yourself "Is this something I can do and even relish as being different from my expectations of daily life?"

If you have any questions or concerns now or while you're away, make sure you utilize the comprehensive resources available to you in Providence and in Rio de Janeiro. Feel free to contact the Office of International Programs at the numbers/e-mail below at any time. We accept collect calls from students abroad so don’t hesitate because of cost.

In case of an emergency outside normal business hours at Brown you can call Brown Police & Security at (401) 863-3322. They can reach one of us at all times. Ask them to contact the Director of International Programs at home, following their emergency procedure directions from our office.

Brown University
Office of International Programs
Box 1973
Providence, RI 02912

Telephone: 401-863-3555
Fax: 401-863-3311
E-mail: OIP@brown.edu

Enjoy your time in Brazil!
IMPORTANT ADDRESSES AND TELEPHONE NUMBERS

OFFICE OF INTERNATIONAL PROGRAMS (Brown University)

Kendall Brostuen (Director)
Ned Quigley (Associate Director)
Kaela Conroy (Brown-in-Brazil Advisor)

Box 1973
Brown University
Providence, RI 02912
Tel. (401) 863-3555
Fax (401) 863-3311

E-mail: OIP@brown.edu

DEPARTMENT OF PORTUGUESE AND BRAZILIAN STUDIES (Brown University)

159 George St/ Box O
Brown University
Providence, RI 02912
Tel. (401) 863-3042
Fax (401) 863-7261

Professor Luiz F. Valente (Program Director)

In Providence
Tel. (401) 831-7830 (home)
(401) 863-1830 (office)
Fax (401) 863-7261

In Rio de Janeiro (July/August)
Tel. 011-55-21-2264-1544 (h)
011-55-21-2567-2230 (h)
011-55-21-96596-5825 (cell)

(011-55 is the international access code to call Brazil from the United States; 21 is the area Code for Rio de Janeiro)
E-mail: Luiz_Valente@brown.edu

PONTIFÍCIA UNIVERSIDADE CATÓLICA DO RIO DE JANEIRO (PUC-Rio)
Rua Marquês de São Vicente 225
22.451-900 Rio de Janeiro
BRAZIL

Professor Karl Erik Schøllhammer (Resident Coordinator)
Departamento de Letras
Ed. Padre Leonel Franca, 3º andar
PUC-Rio
Rua Marquês de São Vicente 225
22.451-900 Rio de Janeiro
BRAZIL
Tel.  011-55-21-97518-4755 (cell phone)
     011-55-21-3527-1447 (office)
Fax:  011-55-21-3527-1446

(011-55 is the international access code to call Brazil from the United States; 21 is the area Code for Rio de Janeiro)

E-mail: karlerikschollhammer@me.com
       karlerik@puc-rio.br

Coordenação Central de Intercâmbio Internacional (CCCI)

Professor Angela Randolpхо Paiva (Director)
Rua Marquês de São Vicente 225
Ed. Padre Leonel Franca, 8º andar
22453-900 Rio de Janeiro - RJ
BRAZIL
Tel.  011-55-21-3527-1577
Fax:  011-55-21-3527-1094

(011-55 is the international access code to call
Brazil from the United States; 21 is the area Code for Rio de Janeiro)

E-mail: AssociateVP-ccci@puc-rio.br
International Students’ Coordinator

Mrs. Linda Cristina Sousa
Coordenadora dos Alunos Internacionais
Coordenação Central de Cooperação Internacional - CCCI
International Programs Central Coordination Office
PUC-Rio
Rua Marquês de São Vicente, 225
Ed. Pe. Leonel Franca, 8º andar
22 453-900 Rio de Janeiro - RJ - Brasil
Tel. (55 21) 3527-1577 / 3527-1578 # 4
Fax: (55 21) 3527-1094
E-mail: incoming-ccci@puc-rio.br
http://www.puc-rio.br/ccci

Housing Services

Mr. Leonardo Dias
Tel: (55 21) 3527-1577 / 3527-1578 # 5
Fax: (55 21) 3527-1094
E-mail: housing-ccci@puc-rio.br
http://www.puc-rio.br/ccci
Student Costs in Brazil

In order to help you budget appropriately for your time in Brazil we have created a cost sheet, which is provided in your pre-departure packet. Airfare and living expenses are based on our best information but these costs can change quickly with exchange rate fluctuations and price changes. Adjust living costs as needed. This cost information is also available on our website: www.brown.edu/OIP/costs

We hope this helps you in your planning process. This is an exchange program so part of every tuition goes to support a Brazilian exchange visitor at Brown.

Refund Policy

If you withdraw from a study abroad program during the first five weeks of the program, you are eligible for a refund of your Brown tuition payments based on the schedule below. Brown is not responsible for indirect costs paid directly by the student, including but not limited to passport fees, vaccinations, and transportation costs.

<table>
<thead>
<tr>
<th>Withdrawal</th>
<th>Refund</th>
</tr>
</thead>
<tbody>
<tr>
<td>prior to program start</td>
<td>100%</td>
</tr>
<tr>
<td>in the first 14 days</td>
<td>80%</td>
</tr>
<tr>
<td>in days 15-21</td>
<td>60%</td>
</tr>
<tr>
<td>in days 22-28</td>
<td>40%</td>
</tr>
<tr>
<td>in days 29-35</td>
<td>20%</td>
</tr>
<tr>
<td>after day 35</td>
<td>no refund</td>
</tr>
</tbody>
</table>

For students who leave because of a medical or family emergency, the same refund policy applies. A student who is suspended, dismissed, or withdraws while under investigation for misconduct, will not have tuition payments refunded.

If you withdraw from a program, the deposit paid to confirm your place on the program is not refundable. This deposit is credited toward the program fee if you attend the program.

For housing or fees paid directly to your host institution abroad, the refund policy of that institution will be in effect.

Dismissal from the Program:
The Office of International Programs in consultation with the site personnel and the program faculty directors at Brown reserves the right to dismiss a student and require that they leave immediately if in our judgment the student behaves in a manner which endangers him/herself, others on the program or the program’s continued operations. Illegal drug use is grounds for immediate dismissal.

PROGRAM CALENDAR
July-December 2016
(Known as “2016.02” at PUC)

Sunday, July 17 - Arrival in Rio and airport pickup

Monday, July 18 – General orientation and beginning of pre-semester language/culture classes

Wednesday, August 3 – Pre-semester language and culture classes end

Saturday, August 6 to Saturday, August 13 – Program in Afro-Bahian Culture (held in Salvador, Bahia, with all expenses covered by Brown)

Monday, August 22 – Regular classes begin

Monday, August 22 to Monday, August 29 – “Shopping” period

Tuesday, August 30 to Thursday, September 1 - 20 – Drop/Add period (“De/Para”)

Tuesday, December 20 – Last day of final exams

Additional trips and/or excursions to Paraty, Petrópolis, and Ilha Grande are in the planning stages.

Attention students who are staying for the full academic year: Second-semester classes (i.e., what at PUC will be called 2076.1) start in late February, with final exams in late June and early July. The exact dates won’t be set until some time in November 2016.
Holidays (July-December 2016)

September 7       Dia da Pátria (Independence Day)
October 12        Nossa Senhora Aparecida (Patron Saint of Brazil)
October 15        Teachers’ Day
November 2        Dia de Finados (All Souls' Day)
November 15       Proclamação da República
November 20       Dia da Consciência Negra
December 8        Our Lady of the Immaculate Conception Day
December 25       Christmas

Note* November 15 is PUC’s deadline to declare whether or not you are staying for another semester. November 15 is also the Brown deadline to declare whether or not you are returning to the United States.
Before You Leave Brown...

- Talk to Brown professors. They have an interest in your travels and studies and may be able to offer insight into your academic pursuits. The Portuguese and Brazilian Studies professors have many contacts around Brazil and are great sources of information and encouragement.

- Make sure you have the email addresses of any professors or Brown contacts you may need.

- Although it seems far off, make arrangements for your return. Will you be needing a proxy for the housing lottery?

- Discuss with departments the viability of credits from PUC for concentration credit. Do you have graduation requirements you must fulfill while abroad?

- Remember that you must notify the proper offices of your intent to study abroad. (The OIP will remind you of this.)

- Look into the deadlines for Royce Fellowships or other grant possibilities – you may come up with a good project idea while abroad. Also remember to bring anything you may need for applying for internships from abroad (resume, writing samples, etc.) Many internships have October and November deadlines.

Before you leave home...

- Check to make sure that you are covered by an insurance policy while abroad. (The Brown Student health insurance plan will cover you if you are a subscriber.)

- If you intend to call home you should look into phone rate options while still in the USA. Is it cheaper for you to call them or for them to call you? (probably the latter) Are you planning to use a phone card?
What to Pack?

- Lightweight pants are a good idea. People wear pants to school more often than shorts, though this is changing. Cotton clothing is great for Rio weather.
- A light jacket (In the form of a sweatshirt/poncho, breathable is good!)
- A rain jacket (Brazilians don’t usually wear American style raincoats but instead use small fold-up umbrellas; this keeps the rain off but doesn’t get too hot.)
- Something nice to wear out at night to clubs and dinner (Rio is known for the disparity between day-wear and night-wear.)
- A small flashlight (Particularly useful when you travel)
- Ear plugs (if you are a light sleeper Rio can be a noisy city at night)
- Jeans and shorts
- T-shirts/tank tops
- Antacid, aspirin, Tylenol... if you have a favorite brand
- Sun screen (Tanning oil is common and reasonably priced but sun protection, especially high numbers, tends to be imported and expensive!)
- Shoes
  - tennis shoes
  - comfortable walking shoes/hiking boots
  - dress shoes
  -flip flops or sandals – you can also buy a cheap and stylish pair of havaianas (Brazilian flip flops) when you get there
- A small travel bag or backpack (Something convenient to travel with on buses within the city and for weekend excursions)
- Any prescription medications you may require (it would be a good idea to get enough for your full stay as getting them while in Brazil can be more complicated.)
- If you wear prescription glasses, bring an extra pair and the prescription.
- Sunglasses
- American gifts are always appreciated by locals. Especially something for your host family is a good idea.
- Some family pictures (my host mother has a collection of photos of all her boarders so I had to get my parents to send one for me)
- Perhaps most important of all...Don’t forget your dictionary and a grammar book or two.
- Past students have also recommended bringing a wireless router

Consider this...
(ideas from former Brown-in-Brazil-ers)

- If you bring a lot of hang-up clothes you may consider bringing along some hangers as you may want them right away when you unpack and are not yet
ready to venture out in search of hangers. Nevertheless, hangers are inexpensive and readily available (e.g., at Lojas Americanas).

- Don’t take a lot of “dry clean only” clothes -- dry cleaning is expensive.

- You should bring a stain stick with you. Bleach in Brazil seems to be weaker than in the States, yet at the same time it manages to eat holes through your clothing with ease.

- If you wear make-up or use skin products it might be advisable for you to stock up before you go. Chances are you won’t be able to find your product label in Brazil and even if you do it will be imported and therefore 2-3 times more expensive than here in the USA.

- PUC’s computer lab takes some getting used to but is adequate and holds reasonable hours. Bring your laptop or tablet if you own one. Wireless is available throughout the campus.

- Don’t bother buying a swimsuit before you go. The Brazilian ones are nicer, cheaper and (if that’s your preference) smaller.

- Materials you have read on Brazilian History or notebooks from Portuguese and Brazilian Studies classes may be of renewed interest to you while in Rio. Needless to say they may be good references for classes you take at PUC.
Pre-departure Health Information and Insurance

You should consult your personal physician if you have any specific concerns about your own health situation. Also, it is a good idea to have a dental check-up and physical before going abroad just to insure there are no current health issues that need to be addressed before you go. You may also wish to consult a travel clinic, such as the Miriam Hospital Travel Clinic in Providence, about specific health concerns in South America, particularly if you plan to do much traveling within (especially in the Amazon) and outside of Brazil. The Center for Disease Control publishes a list of all the vaccines and health precautions it recommends for those planning a stay abroad. The CDC website is located at: http://www.cdc.gov/

Health Insurance

Students are required to carry health insurance, whether Brown University’s student health insurance plan (SHIP) or family insurance is up to you to decide. Brown’s policy does cover you abroad in a manner similar to that at Brown (except for health services). In the case of private insurance, we urge you to check provisions for coverage abroad before you leave. Also, be aware that most international coverage is made on a reimbursement basis (including Brown’s policy) which means that you pay for the service on-site and then submit receipts to be repaid.

Note* Bring claim forms with you if your insurance works on a reimbursement basis in order to avoid delays in requesting repayment.

If you are carrying Brown student health insurance, medical/prescription claim forms are available at the Office of Insurance and Risk website at www.brown.edu/insurance. If you have any questions regarding Brown student health insurance, you can call or write to:

Cheryl Moan
Brown University
Office of Insurance and Risk
Box 1848
Providence, RI 02912

Ph# 401-863-9481
Email: Cheryl_Moan@brown.edu
In addition we provide you with a Brown Travel Assistance Plan which covers evacuation and repatriation as well as some other services. This plan is provided by International SOS (http://www.internationalsos.com) and the contact numbers in case of emergency are:

<table>
<thead>
<tr>
<th>If calling from:</th>
<th>Call Alarm Center in:</th>
<th>At this number:</th>
</tr>
</thead>
<tbody>
<tr>
<td>U.S. or Canada</td>
<td>Philadelphia, PA</td>
<td>1-800-523-6586 Call collect: 1-215-942-8226</td>
</tr>
<tr>
<td>Mexico</td>
<td>Philadelphia, PA</td>
<td>Call collect: 00-215-942-8226</td>
</tr>
<tr>
<td>South and Central America</td>
<td>Philadelphia, PA</td>
<td>Call collect: 00-215-942-8226</td>
</tr>
<tr>
<td>Europe, CIS, Africa or the Middle East</td>
<td>London</td>
<td>Call collect: 44-208-762-8008</td>
</tr>
<tr>
<td>Asia, Australia or the Pacific Rim</td>
<td>Singapore</td>
<td>Call collect: 65-6338-7800</td>
</tr>
</tbody>
</table>

When you contact them you must reference: Group membership #: 11BSGC000031

The services provided by International SOS range from telephone advice and referrals to full-scale evacuation by private air ambulance. The SOS network of multilingual specialists operates 24 hour a day, 365 days a year from SOS Alarm Centers around the world. However, International SOS is NOT health insurance. Requests for reimbursement for medical care received while abroad should be submitted to your health insurance provider.

You will also be given a wallet size card with important information on how to access International SOS services. Please carry this with you at all times in case you need emergency assistance. REMEMBER: In case of emergency, contact the site coordinator as well!

Health Tips

Vitamins and Prescription Drugs
If you take any prescription drugs or take vitamins you must bring enough of these items with you to last for the duration of your stay in Brazil as medicines may vary from country to country. You also cannot send medicines through the international mail as customs agents can confiscate these. You should also take the original prescription with you to verify that it is a prescription and for you personally. Otherwise customs agents could confiscate medicines when you enter the country if
they search your luggage. Also request that your doctor give you the generic name of any prescription medicines just in case you need to describe what you are taking to a Brazilian physician.

**Allergies**
If you have them, make sure to stock up on medicine before you go. They do have allergy medicine you can get at any *farmácia*, but if you have a personal preference, you should bring your own from the States. Another thing to remember is that since you are going to be living in an environment very different from the one you are now living in, be aware that you may have heightened allergic reactions when you first arrive.

**Water**
Tap water in Rio, although not necessarily unsafe, doesn’t taste good. In some other parts of Brazil tap water may be unsafe. At home Brazilians drink water that has been run through a water purifying system known as *filtro*. It is referred to as *água filtrada*. Away from home Brazilians always drink mineral water (*água mineral*), either sparkling (*com gás*) or unsparkling (*sem gás*).

**American Express Global Assist**
If you have an American Express card there is an international hotline called Global Assist which you can call to get medical and legal advice. The number is (202) 554-2639, and you can call collect! If you tell them where you are in Rio and what your health problem is they should be able to recommend an English speaking doctor in your area who can help you.

**NOTE:** Always try to get in touch with the Resident Coordinator or the Assistant Resident Coordinator first if you need any emergency assistance.
Medical Care in Brazil

NOTE: Always try to get in touch with the Resident Coordinator first if you need any emergency assistance. You may also talk to your host family about what they would do in the case of an emergency. They can tell you what medical centers there are in the neighborhood and how to phone them.

Farmácias
Most regular medicines are available at your local farmácia (there is at least one on almost every block). You can also get injections such as tetanus shots at the farmácia as well as general medical advice.

Gynecologist
Dr. Simão Coslovsky
Rua Visconde de Pirajá 430/602, Ipanema
Telephone 2522-1155
Well-accepted by young women, speaks adequate English and maintains a very clean clinic.

General Medicine
Dr. Jorge Ronald Spitz
Avenida Ataulfo de Paiva 1251/405, Leblon
Telephone 2239-8489 (office); 2557-2888 (home); 99982-4337 (cell)
U.S.-trained doctor. Fluent in English and very thorough.

PUC Health Clinic
Very nice and helpful people (particularly Dra. Magda), and it’s free. Recommended for minor problems such as colds and sprained ankles.

Emergencies
Hospital Miguel Couto (public hospital)
Avenida Bartolomeu Mitre 118, Gávea
Telephone 2274-2121
Best equipped to deal with serious emergencies.

Clínica São Vicente (private hospital)
Rua João Borges 204, Gávea
Telephone: 2529-4422
They have their own ambulance service.
The University: PUC-Rio
Founded in 1941, PUC-Rio was the first private university in Brazil and the sixth institution of higher learning established. It is divided into three centers which encompass 23 departments. The centers include the Center of Social Sciences (CCS), the Center of Theology and Human Sciences (CTCH) and the Technical-Scientific Center (CTC). The campus is located in Gávea, amidst a pleasant green area with a stream running through it. For more information, visit PUC’s
web page at http://www.puc-rio.br
Classes and Registration

During the month of July you will enroll in a Portuguese language course, which will meet for three hours, five days a week, for three weeks. You will also attend talks in Portuguese about different aspects of Brazilian culture. In addition, there will be guided visits to different parts of Rio, as well as excursions and field trips during some of the weekends. Students will take an examination on the course content on the last day of class.

At the conclusion of the July orientation program, the group will fly to Salvador (BA) for a weeklong program on Afro-Bahian Culture, including talks, workshops, demonstrations and visits to historical sites. The program is coordinated by the Associação Cultural Brasil-Estados Unidos (ACBEU) under the guidance of Professor Clara Ramos. All expenses are covered by the Brown-in-Brazil Program.

At the end of this program students will submit a short paper (2-3 pages) to Professor Valente commenting on a particular visit, lecture or demonstration, or elaborating on a topic covered during the week.

In consultation with the language instructors, a grade will be assigned by Professors Valente and Schøllhammer covering the work during the Orientation Program and the Afro-Bahian Week, and a notation will be made on your Brown transcript for the equivalent of one course. Nevertheless this course is considered “extra” and does not count towards the credits to be transferred from PUC for the work during the academic semester(s).
During the regular semester you will normally take four courses, including a mandatory Portuguese language class unless you test out of it (which would require very advanced competence in Portuguese). One of the four units may be an independent study (see below).

Unlike Brown, PUC works on a credit system. Although most PUC courses are worth four credits, some are worth two or six credits. In order to transfer the equivalent of four Brown courses, you must carry a minimum of sixteen credits at PUC in any combination. If, for example, you carry fourteen credits, you will only be able to transfer the equivalent of three Brown courses. So, please, remember that four PUC credits are needed for each unit of Brown course transfer credit.

Please, also note that Brown allows students to transfer the equivalent of a maximum of four Brown courses per semester (or eight courses for the academic year) regardless of how many credits you take at PUC.

**Although PUC offers Physical Education courses for credit, Phys Ed credits are not transferable.**

Like Brown, PUC has a "shopping period" (known as "De/Para"), but it's shorter. Therefore, you'll have to make a final decision about your courses sooner than here.

Try to get Brazilian students’ opinions on your classes during the “shopping period” (“De/Para”). Make sure you know when the shopping period begins and ends!

**Attendance is mandatory at PUC, and students are allowed only a small number of absences. In the past some Brown-in-Brazil students have lost credit due to poor attendance.**

**Past students have stated that it’s very important to listen to the Resident Coordinator’s advice about the difficulty level of certain classes.**

Most classes use reading packets in the place of books. These reading packets, called pastas, can be purchased at one of the various copy centers around campus. Your teacher will specify which center to go to.

**Pre-registration**

Although Professors Luiz F. Valente (Program Director) and Professor Karl Erik Schøllhammer (Resident Coordinator) will be on site to advise you on final course
selection during individual meetings in July, you will need to pre-register for courses before you leave for Brazil.

Official pre-registration materials for the August-December semester (what at PUC is known as 2016.2) won’t be available until early June. At that time you’ll need to fill out a course pre-registration form that will be available on the website of the Coordenação Central Cooperação Internacional or CCCI (PUC’s OIP). The URL is: http://www.puc-rio.br/ensinopesq/ccci/ This website provides extensive information about the registration procedures for international students. In order to register you’ll need a login and password, which will have been sent to you by PUC’s International Student Coordinator, together with step-by-step information about the registration process.

The system for getting information about courses is somewhat cranky, not terribly user-friendly, and varies from department to department. However, with a little bit of patience you’ll get the hang of it. You’ll need first to investigate the offerings in each department you’re interested in. Once you know the course code, you’ll be able to get the “ementa,” which includes a short description of the course and sometimes a bibliography.

In preparation for registration, you should start investigating the program of courses at PUC as soon as possible, keeping in mind that not every course is offered every semester. Follow these procedures:

1. Go to the following URL, and start familiarizing yourselves with the structure of the CCCI (Coordenação Central de Cooperação Internacional) http://www.puc-rio.br/english/#international_coop
2. Click on “Academic Centers and Departments”
3. Click on the each of PUC’s four academic centers (right side) to learn about the different subject areas (“cursos”) offered at PUC.
4. Go to PUC’s main page: http://www.puc-rio.br/index.html
5. Click on “Graduação”
6. Click on “Cursos” (which means the different departments or programs, not the individual courses)
7. Click on the specific “Cursos” (departments or programs) you’d like to learn about
8. Click on “Bacharelado” and/or “Licenciatura” for each specific program
9. Explore the courses (“disciplinas”) offered by each program. Click on the course number and a course description (“ementa”) will pop up. Sometimes the “ementa” will include the main textbooks.

Unless you are a native speaker or place on Level 5 of Portuguese, one of your
courses will be “Português para estrangeiros,” generally at level 4 or sometimes 3.

**Independent Study Project**

One of your units may be an independent study project. We strongly encourage Brown students to consider a GLISP (Global Independent Study Project), through which they will remain in close touch with a Brown faculty member. In the event that a student, upon their arrival in Brazil, determines that s/he would like to do a regular independent study, a proposal must be completed and approval by Professors Valente and Schøllhammer by September 15 (for the fall semester) or February 15 (for the spring semester). Such independent studies will only be approved if they meet the same rigor, commitment and high expectations as for GLISPs. **Non-Brown students must ascertain that independent studies for credit are acceptable to their home institutions.**

For regular independent studies, at the conclusion of the project students will submit a detailed report about their findings to Prof. Schøllhammer, normally in the form of a term paper. In addition to this report, they will also submit a one-page summary of the project together with the names, addresses and phone numbers of individuals and/or institutions that assisted them in their project. This summary will go on file at PUC and the OIP for the benefit of future Brown-in-Brazil students.

**Note:** Obviously, you should start looking into possible independent study projects before you leave Brown. To consider what has been done in the past you can talk to Prof. Valente as well as former Brown-in-Brazil-ers.

**Extra-Curricular Classes**

**Art classes**
*Escola de Artes Visuais do Parque Lage*
*Rua Jardim Botânico 414 (Just past Jardim Botânico if coming from PUC)*
*Tel. (21) 32571800*

Parque Lage is beautiful and a look around the grounds is well worth it. To get a current listing of the courses offered, just stop in to look at the catalog. The classes range from painting, printmaking, photography, sculpture, video and mixed media.

**Music Classes**
Orchestra, chamber music groups (ask the professor about sitting in) UNI-Rio in *Urca*. There are also classified listings in the papers (Globo, Veja-Rio, etc.), which are a great way to find private instructors- good way to learn Brazilian styles and get the inside scoop on the local scene.
Photography Classes
Associação Brasileira de Arte Fotográfica
Rua Assis Bueno 30
Botafogo, Rio de Janeiro
(21) 2541-6949

Capoeira Classes
1. PUC--Classes at the Campus by Mestre Camurça (Contact: (21) 98285-3079)
2. UFRJ- “Federal” Classes are more structured and may conclude in a formal batismo with Mestre Lobo. There are also several rodas de capoeira in every neighborhood. It’s worth it to check the yellow pages or ask around to find a more community based class.

Afro-Brazilian Dance
Classes are available at the Fundição Progresso in Lapa (Rua dos Arcos 24) (Contact: Aline Valentim (21) 99997-1843)
Usando a biblioteca

All you need is your PUC ID to check books out of the library at PUC.

Note* Books are checked out for a much shorter period of time at the PUC library than we are accustomed to. Watch out for fines! Also, PUC students are very serious about the library. NO TALKING!

Bibliotecas

Centro Cultural Banco do Brasil
Rua Primeiro de Março na esquina com R. Presidente Vargas, 5th floor--Centro

This is an excellent library with nice reading rooms and a good magazine collection (Portuguese and English). However, you can’t check anything out. It also has a large film collection (Brazilian, American and other foreign films) and nice viewing rooms you can reserve in which to watch the film. This building also hosts many plays and exhibitions during the year for free or at minimal ticket prices. Pick up the monthly schedule when you visit.

IBEU Library (Instituto Brasil-Estados Unidos)
Located in the IBEU building at Avenida Nossa Senhora de Copacabana 690, between Rua Santa Clara and Rua Figueiredo de Magalhães.

Not an exceptional library, but it has some good magazines and is closer to PUC than the others.

Biblioteca National
Av. Rio Branco in front of Praça Floriano
Metrô stop: Cinelândia

The line to get in can be somewhat long but it does have a large collection of books. If you are doing research for a PUC class or an independent project, you should definitely visit this library. This is a library for research not to study in, you cannot take anything in except paper and a pencil and you cannot check any books out.

Museu de Arte Moderna (MAM)
Aterro de Flamengo near o downtown

The MAM library is a great resource! There is also a film library. The staff is very helpful and the books tend to be materials you will never see in the United States. Unfortunately, you can’t check anything out. It is open from 12:00 noon to 6:00 pm of weekdays, but call and check. Entrance is free.
Places to eat (PUC):

Bandeijão
A cafeteria-style dining room—R$7.00 for a plate, a real bargain. Baneijão is open or breakfast from 6:30am to 9:00am, for lunch from 10:45am to 2:30pm, and for dinner from 6:00pm to 9pm. The food is quite good if you want a big meal which always consists of feijão com arroz, algum tipo de carne e sobremesa. Baneijão is located below the Bank Itaú in the Frings building. There are, however, various other eateries around campus and small restaurants on Rua Marquês de São Vicente to explore.

Couve-Flor
This restaurant on the second floor of Edifício Padre Leonel Franca (the same building where the Coordenação Central de Cooperação Internacional- PUC's OIP - is located) offers an excellent buffet lunch and dinner. You pay by the weight (a quilo) of your meal. It isn't cheap, but the food is very good and there's a wide choice of entrées, salads, side dishes and desserts.

Lanchonetes
There are several snack bars scattered all over the campus. One of the most popular with Brown-in-Brazil Students is the “Bar das Freiras,” located across from the PUC Bookstore, in the Leme Building. It offers a reasonably priced lunch, but is closed for dinner.

There are also several cheap and tasty sandwich shops and “comida-a-kilo” places on Rua Marquês de São Vicente, just outside of the campus.
Housing

You will be living with a Brazilian family that has agreed to rent a room to you for the semester. Most host families tend to be single women who have extra space in their home. Situations vary. If, for some reason, your situation does not seem like it will work out, you should discuss with Prof. Schøllhammer or with Luisa from CCCI about the possibility of moving you to another family or renting your own apartment. There are many PUC students who put up flyers seeking house-mates. Please, remember, however, that laws (and etiquette) for renting vary greatly from country to country so try to ask a lot of questions in order not to get into something you didn’t understand. Brazilians are very neat!! It’s important to make your bed everyday and keep your things in order. You may find that if you don’t, somebody else will come in and do it for you. **You may not move out of your host family and rent your own apartment without discussing your situation with Prof. Schøllhammer and securing his express permission.**

Renting Your Own Apartment

**Note** Consult the Resident Coordinator and the Housing Coordinator if and when you decide to start looking for an apartment! They have helped Brown students for years and are, obviously, quite familiar with the process.

The first thing to do is get a copy of Rio’s major newspaper, *O Globo*, and look through the classified section. Apartments are listed under a variety of categories. You need to look under the "apartamentos de temporada" section. These apartments can usually be rented on leases shorter than 12 months.

You can also try and find an apartment through a rental agency (agencies are listed in the paper). This might prove a faster method but keep in mind that you are going to have to pay a finder’s fee to the agency for them finding you an apartment. Moreover, once they find out you are *estrangeiros* they may only show you high priced apartments.

You should also consult PUC’s student newspapers, which often carry ads for apartments and rooms for rent.
You must secure the approval from the Resident Coordinator in order to move into an apartment.

Important things to check for:
Is the apartment furnished? O apartamento é mobiliado?
Does it come with a phone? Tem telefone?
Are all taxes included? Todas as taxas estão incluídas?
Are electricity, gas and water included? A eletricidade, o gás e a água estão incluídos?
Does it have a washing machine? Tem uma máquina de lavar roupas?
*Dependências means maid's quarters
Consider This...
(More ideas from former Brown-in-Brazil-ers)

NEGOTIATE!, (use the Brazilian *jeitinho*.). You will need help and/or advice; talk to Prof. Schøllhammer

As far as prices go *Copacabana* should be cheaper than either *Ipanema* or *Leblon*. However, it is important to factor in the extra 45 min. bus ride in the morning to PUC when deciding if the price is worth it.
Banking and Money Exchange

The currency of Brazil is the Real (R$) divided into one hundred centavos. The exchange rate has been fluctuating between R$3.5 and $4. At the writing of this booklet the exchange rate was 1 US$ = R$3.53.

Bring some of your money in cash and/or use an ATM.

If you have an American Express Card, bring it with you. You’ll be able to withdraw money by writing a check at the AMEX office located at the Copacabana Pálace Hotel on Avenida Atlântica (Praia de Copacabana), but be reminded there’s generally a monthly limit. You can use your credit card(s) in most places, including some public telephones (e.g., the International Airport, the Rio Sul Shopping Center, in front of the Copacabana Pálace Hotel). Mastercard (known in Brazil as CrediCard) is the most popular credit card, although VISA, American Express and Diner’s are also widely accepted.

You should also be able to use your ATM card at many locations and have the funds taken out of your account in the United States. Check with your bank to see how much they charge for international withdrawals. Some banks charge high fees for each withdrawal, whereas others charge no fees. There may be restrictions as to the maximum amount the Brazilian bank will allow to withdraw from your US account. Be careful with your wallet and your card around ATM machines (especially Citibank, which tends to cater to foreigners). You are an easy target for robbery.

In order to exchange travelers checks, should you decide to bring them, you may need your passport. Normally you will have to pay a surcharge of up to 5%. If you are using American Express travelers checks you will get the best rate at the American Express office in the Copacabana Palace Hotel on Avenida Atlântica.

Most banks open at 10 am but stop changing money at 3 pm (except those in major airports) and are closed on weekends and public holidays. Most travel agencies also exchange money and generally have better rates.
Communications

E-mail
You will have access to the Internet through PUC and generally in hour homestay.

Mail
Correios are open Mon.-Fri. 8 am - 5 pm, Sat. 8 am - 12 noon

Telephone
In order to reach a telephone number in Brazil from the United States, you must dial 011-55 first. 011 is the international access code. 55 is the country code for Brazil.

All telephone numbers in Rio de Janeiro have eight digits (as opposed to seven in the United States). Cell phones have nine digits. The area code for Rio is (21).

There are two ways of finishing a telephone conversation:
1. ---Um beijo (casualmente íntimo) -- but generally not used between men
2.---Um abraço
Correct answer: --Outro

Street phones are known as orelhões but they’re in the process of becoming extint as everyone seems to own a cell phone. To use a public phone you must purchase a cartão (phone card) at any corner kiosk. However, you can use your credit card(s) at some public telephones (e.g., at the International Airport or in front of the Copacabana Pálace Hotel on Avenida Atlântica).

The program expects that every student will carry a cell phone while in Brazil.
You may bring your own (and get a new SIM card in Rio) or you may purchase a cheap one in Rio and use it by feeding credit into it (like a GoPhone), without a contract. Some students find it easier to buy a phone in Brazil.

If you need to make an international call in Rio, discuss the situation with your host family. They may allow you to use their phone line to make your call if you arrange to pay them promptly. There is also an 800 number in Rio that will connect you internationally for “chamadas a cobrar” or collect calls.

Nevertheless, most students have been using Skype to talk to people back in the States.
Rio (O Rio de Janeiro continua lindo...)
Places to Go and Things to See Around the City

Remember that Rio is a large city with many diverse neighborhoods and an enormous variety of activities to sample from. Beware of spending all your time in the Gávea-Leblon-Ipanema enclave around PUC. For suggestions on what to do check Rio Show, a supplement to the Friday edition of the newspaper O Globo, or Veja-Rio, a supplement to the weekly magazine Veja.

Ecological Groups for Hikes (ask about programação de caminhadas)
Trilhas do Rio, 9723-8990, (21) 7586-1302, (21) 3884-0311
RJ Adventura, 8089-3874, 7405-4354
Adventura Ecoturismo, 2709-8657
Aribira Aventuras, 2235-3716
Jeep-Tours, 2108-5800, 2108-5818
Rio Hiking, 2552-9204

Basketball
Basketball is not as popular in Brazil as it is in the US. Most of the Rio clubs that sponsor soccer teams (Flamengo, Botafogo, Vasco, etc.) also sponsor basketball teams. The games are lots of fun and not expensive to watch. Call one of the clubs
to get information on the basketball schedule or look in the paper for game dates. As a side note, every club team has two import American basketball players per team who usually don’t speak a word of Portuguese and would be psyched to hang out with you guys.

**Volleyball**

Brazilians love watching and playing volleyball. Volleyball games are often shown on television. Many people play at the beach.

**Joining a gym (“academia”)**

There are “academias” (gyms) everywhere in Rio, including one at PUC (for which you, unfortunately, have to pay an extra fee). Some of the “academias” are very fancy (and, consequently, very expensive), with private trainers, swimming pools and saunas, but you should be able to join a good one for the equivalent of about US$50 a month. Do some legwork. Visit various gyms and inquire whether they offer any discounts for students. They’re easy to join, generally accept memberships on a month by month basis and can be a good place to meet people.

**Museu Chácara do Céu - Santa Teresa**

Has a good collection of Brazilian art and is in a beautiful location. The hours are odd so you might want to check before you go visit.

**Quinta da Boa Vista - Zoo and The National Museum**

The Museu Nacional de Folclore is located next to the Palácio do Catete

**Pista Cláudio Coutinho** in Urca near Praia Vermelha

A nice walk with gorgeous views. The path is somewhat hidden, so you might have to ask where the entrance is located.

**Arpoador**

Where Praia Copacabana and Praia Ipanema intersect, there is an open air concert spot that has live shows with all types of music, every Sunday evening. The crowd is young and lively and the area around the concert is full of vendors selling food, clothes, jewelry and other knickknacks.

**The Hippie Fair (Feira Hippie)**

The Hippie Fair is a large open air market held between 9 am and 6 pm every Sunday in Praça General Osório, Ipanema. Artisans come from all over Brazil to sell a variety of goods including, leather, jewelry, hammocks, art, clothes, food, music. The prices are great and it’s a fun place to just browse through.

**Feira nordestina**

São Cristóvão, great on Saturday nights and Sundays.
**Lapa**
Friday nights in Lapa become an all out street fair, with the *botequins* overflowing into the street and live bands featuring every kind of music – forró, samba, pagode, funk, hip-hop, chorinho, reggae – really most of anything. It’s a sort of bohemian gathering place for Rio’s young, and as you make friends you’ll run into them here. It doesn’t usually get going until after midnight and remember (as always) to be careful.

**The Beaches**
To truly understand the Carioca it is imperative that you take part in the beach scene. Located on the coast, much of Rio’s music, vocabulary, jokes, styles, and pastimes revolve around the beach. Along Rio’s coast are “postos”, or lifeguard posts, every kilometer. Groups tend to meet at a posto regularly and thus it isn’t odd for a Carioca to ask you which *posto* you hang out at to try to understand what “galera” or crowd you belong to.

Clubbing is a major part of the young Carioca lifestyle and Rio is full of great clubs.

**Traditional Brazilian samba, pagode and forró clubs**
*Asa Branca*, on *Av. Mem de Sá* 17, in *Lapa*. Tel. 2 252-4428
This club offers a large dance floor surrounded by small tables and chairs with big band *samba* and *pagode* groups performing on a stage in front, and a balcony with more seats and tables up higher so you can look down on the dance floor. If you want to experience a traditional Brazilian atmosphere not crowded with *mauricinhos* and *patricinhas*, you should check this place out.

The two most famous ballroom/dancehall style clubs are *Estudantina*, in *Praça Tiradentes* 79, 1st floor, and *Elite*, *Rua Frei Caneca* 4, 1st floor. *Elite* is smaller than *Estudantina* while *Estudantina*, and a larger stage and live bands and an atmosphere from an earlier age.
For Forró parties with live música nordestina try the Quinta do Bosque at Rua Prefeito João Felipe número 9 in Santa Teresa. It’s hard to get to but worth it for the completely Carioca experience of forró. Your best bet is to make some Brazilian friends and have them take you out to the neighborhood samba, forró, or pagode parties they know about. Also have them teach you the dances. Just about everyone (in and out of PUC) is excited about teaching an American to dance. Brazilians are extremely proud of their national music and dance. However, don’t be surprised by how limited many cariocas are in the clubs that they go to. Most kids have two or three regular spots and feel even more foreign than Americans do in other places. Be prepared that most discos and clubs in Brazil charge an entrance fee and/or a minimum drink fee.

_Escolas de Samba_
As carnival nears the Escolas are the place to go watch the school rehearse. Mangueira and Salgueiro are the two most popular, something like Flamengo and Fluminense are to futebol. Highly recommended, particularly towards the end of the year.

**Beija-Flor**
_Rua Priacinha Wallace Paes, Leme 1652, Nilópolis_
_O número de telefone: 2791-1353_

**Estação Primeira de Mangueira**
_Rua Visconde de Niterói 1072, Mangueira_
_O numero de telefone: 2234-4129_

**Portela**
_Rua Clara Nunes 81, Madureira_
_2390-0471_

**Mocidade Independente de Padre Miguel**
_Rua Cel. Tamrindo 38, Padre Miguel_
_O numero de telefone: 2332-5823_

**Império Serrano**
_Av. Ministro Edgar Romero 114, Madureira_
_O número de telefone: 2359-4944_

**Restaurants and Bar/Cafes (PUC area)**
“Tomar um chope” is an important part of Brazilian social life. It’s common to meet with friends and sit for hours having drinks and munching on peticos. It’s a great way to spend time with Brazilian friends who may not have a lot of cash to go to clubs and nice restaurants.
**Academia da Cachaça**  
*Rua Conde. Bernadotte 26, Leblon (next to Sendas)*  
Small open air cafe. A great spot to taste the variety of Brazilian drinks made with *cachaça*.

**Restaurante Braseiro da Gávea**  
Praça Santos Dumont da Gávea  
The Brown programs favorite dinner place!

**Conversa Fiada**  
Rua Maria Quitéria, Ipanema.

**Hipódromo**  
Praça da Gávea; near PUC in Gávea, this bar fills up with university-aged people on Sunday and Monday nights (the notorious “Segunda sem lei” in Gávea.)

**Sindicato do Chope**  
There is a *Sindicato* in Leblon on *R. Ataulfo de Paiva*, one in *Copacabana* on *R. Santa Clara* and one in *Ipanema* . A good open air spot to kick back and have a *chope* (Brazilian draft beer) with your friends while watching the passers-by. The food is of average price and occasionally tasty.

**Pizzaria Guanabara**  
*Rua Ataulfo de Paiva, Leblon*  
Good pizza, good *chope*.

Rio has more restaurants than most cities in the world. Those who can afford it have tremendous culinary resources at their fingertips. Many of Rio’s most interesting restaurants are not located, however, in the PUC area. Explore possibilities in Flamengo, Botafogo, Laranjeiras and downtown. For a more up to date listing it is best to consult a guide to Rio like that published by the *Lonely Planet*. Check also the weekly *Veja-Rio* (an insert to the *Veja* magazine) or *Rio Show* (a supplement to the Friday edition of *O Globo*).
Safety Tips

- **BE AWARE** of what is going on around you!
- Don’t go jogging around *Lagoa* after dark. If you jog on the beach late at night, make sure there are plenty of people around.
- Don’t get on a bus with large groups of rowdy youths on it. You never know when trouble might start and it’s best not to take the chance of being there. If you are already riding the bus when a large group of rowdy kids gets on and you notice people start getting off the bus, get off too and wait for the next bus. Be very careful speaking English loudly in public, especially on buses. It’s just asking for trouble.
- Don’t wear any jewelry or a watch that you wouldn’t mind losing.
- Consider calling radio taxi to return home at night rather than taking the bus or a regular yellow taxi.
- Carry a minimum amount of cash and don’t carry all your money in one place. Instead, keep your money on you in several places, so that you are never left with nothing.
- Consider wearing a money belt.
- If you are robbed or assaulted, you should always have some money that you can hand over right away, and then get out of the situation. Fighting back is just plain dumb.
- **USE YOUR COMMON SENSE!!!**

Police emergency number #190

Travel/ Getting Around
You can easily find extensive bus lists and a map of the city’s metro system once you are in Rio. Consider buying a copy of *Guia Quatro Rodas* Rio.

You can buy bus tickets in advance for the same price, without having to go to the Rodoviária: at:
- **Ipanema**: Rua Visconde de Pirajá 330 Loja 105
- **Copacabana**: Rua Dias da Rocha 16
- **Centro**: lower level *(subsolo)* of Edificio Avenida Central at the back (near Metrô Carioca)
Tel. Info at Rodoviária, 2291-5151, 2253-8471

If you plan to travel around Brazil, there are various ways to do it:

An Air Pass, which generally must be purchased outside the country (look into it before you leave) will allow you a time frame (anywhere from ten days to twenty-one days) to fly to any three, four, or up to 9 cities of your choice in Brazil at a fixed price. Check with the major Brazilian airlines, like TAM, Azul (the Brazilian Jet Blue)
and Gol. It's a great deal but you must remember to buy it before you go to Brazil as having someone else send it to you once you are may be difficult.

Most Brazilians travel around the country by bus. The bus system is great and you can take the bus almost anywhere you would want to go. The payoffs are that the prices are much better than traveling by air, you get to see the countryside and you get a real feel for Brazilian life. The drawbacks are the obvious...long bus rides over bumpy roads. Don’t just show up to the Rodoviária expecting to find a bus leaving when you want to travel with an open seat for you. Plan your trip and call ahead.

There is also the possibility of renting a car. Renting a car in Brazil is relatively easy, but much more expensive than in the United States. You’ll need is a driver’s license and a major credit card. If you want to know more about road safety around the world, you can get a student membership in ASIRT for $25.00. They give reports, tips, safety language cards for each country. Contact: http://www.asirt.org/

As far as places to stay go, pousadas and youth hostels tend to be cheaper than hotels. If you plan on staying in youth hostels while you travel, it is a good idea (although not necessary) to join the Youth Hostel Association before you travel. To join and buy the youth hostel book go to:

STB - Student Travel Bureau (an affiliate of Council Travel) corner of Rua Visconde de Pirajá and Rua Aníbal de Mendonça in Ipanema on the 2nd floor of the Lareria restaurant, Tel. 2259-0023. There are some amazing places to travel just hours outside of Rio. Call the Rodoviária for bus times and they are perfect for a weekend trip. Paraty, Ilha Grande and Ouro Preto are all beautiful, have lots of pousadas, and are pretty cheap in the off-season. In Paraty and Ilha Grande you can rent a boat for a day and see the surrounding beaches, many of which are isolated and can be truly defined as “tropical paradise.”
Working in Brazil

Internship and Volunteer Work

Once you arrive in Brazil and establish contacts, it is also possible to arrange unpaid internships with agencies/organizations you wish to work for on a volunteer basis. Rio has numerous non-governmental organizations (NGO) and other groups looking for volunteers. The program will arrange an informational session with the PUC office that coordinates internship opportunities for PUC students. PUC faculty in such departments as Education and Social Work may be additional sources of information regarding volunteer work, as PUC sponsors several projects off campus. You should also talk to recent Brown-in-Brazil returnees or to check the Internet before you depart. Past students have said internships are a great way to learn about the social issues that Brazilians are addressing, to meet some great people, to do something useful with your time in Rio, and to win some respect from the locals.

Carioca Vocabulary/Etiquette

If you want to come off like a real Carioca, always end your social encounters with one of the following:

* A gente se vê (I’ll see you)
* Te ligo (I’ll call you)
* Aparece lá em casa (stop by the house)

Remember, these phrases are not to be taken literally and are just pleasant ways of saying good-bye.

Average Temperature and Rainfall in Rio (C)

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Av. Maximum</td>
<td>25</td>
<td>25</td>
<td>25</td>
<td>26</td>
<td>28</td>
<td>28</td>
</tr>
<tr>
<td>Av. Minimum</td>
<td>18</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>20</td>
<td>22</td>
</tr>
<tr>
<td>Av. rainy days per Month</td>
<td>5</td>
<td>4</td>
<td>5</td>
<td>11</td>
<td>10</td>
<td>12</td>
</tr>
</tbody>
</table>

Info from The Rough Guide--Brazil 1994
Weights and Measures Conversions

**Temperatura/Temperature**
To convert Fahrenheit to Celsius, simply subtract 32 from the Fahrenheit temperature and divide the result by two (for approximate conversion).

<table>
<thead>
<tr>
<th>Fahrenheit</th>
<th>Celsius</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>-17.8</td>
</tr>
<tr>
<td>freezing</td>
<td>0</td>
</tr>
<tr>
<td>32</td>
<td>0</td>
</tr>
<tr>
<td>50</td>
<td>10</td>
</tr>
<tr>
<td>room temperature</td>
<td>20</td>
</tr>
<tr>
<td>68</td>
<td></td>
</tr>
<tr>
<td>77</td>
<td>25</td>
</tr>
<tr>
<td>room temp in summer</td>
<td>30</td>
</tr>
<tr>
<td>86</td>
<td></td>
</tr>
<tr>
<td>normal body temp.</td>
<td>37</td>
</tr>
<tr>
<td>98.6</td>
<td></td>
</tr>
<tr>
<td>100.4</td>
<td>38</td>
</tr>
<tr>
<td>104</td>
<td>40</td>
</tr>
</tbody>
</table>

**Peso/Weight**
1 kilo = 2.2 pounds

**Comprimento/Length**
| 1 centimeter = 3.94 inches |
| 1 meter = 39.37 in./1.09 yds. |
| 1 inch = 2.54 centimeters |
| 1 foot = 3.048 decimeters |
| 1 kilometer = .621 miles |
| 1 mile = 1.60 kilometers |

**Conversões para Cozinhar/Conversions for cooking**
| 1 ounce = 30 grams |
| 3.5 ounces = 100 grams |
| 1lb. - 454 grams |
| 1 pint = .473 liter |
| 1 quart = .946 liter |
| 1 gallon = 3.78 liters |
Final Thoughts from the Peanut Gallery!

Get to know your Porteiro (doorman) -- he orchestrates the social dynamics in your building and knows all! This is especially important if you are renting your own apartment. Remember that he is an employee of the building, though.

If you have an American Express account it is a good idea to call and ask them to send you their American Express World Wide Traveler’s Companion-- a traveler’s aid book full of very useful facts, helpful information and important phone numbers and addresses.

Lojas Americanas is a department store comparable to American K-Mart. They have everything from notebooks and pens to cups, knives, bowls, laundry soap and all household cleaning products, CDs and tapes, etc. There is a Lojas Americanas located in Ipanema on Rua Visconde de Pirajá and one in Copacabana on Avenida Nossa Senhora de Copacabana.

Brazilians iron everything! Sometimes they even iron their underwear! No joke!

Times de Futebol (Soccer teams)
The two most popular teams in the city are Flamengo and Vasco. Fans from these opposing teams have the strongest rivalry in Rio. These two teams along with Botafogo and Fluminense dominate carioca club soccer. Other major Brazilian teams include the Corintians, Palmeiras, Santos, Guarani, (São Paulo), Internacional and Grêmio (Porto Alegre), Salvador and Bahia (Bahia), Sport (Recife), Atlético Mineiro and Cruzeiro (Belo Horizonte).

* Note: It is impossible to live in Brazil and not get involved in the country’s fanatical love for soccer (and TV soap operas)! Remember that Brazil is the only country to have won five World Cups.

The best way to start a conversation with any random Brazilian is to ask them about which team they follow. People are passionate about it, but good natured (for the most part... don’t go making fun of a Flamenguista right after Flamengo has lost). Brazilians are especially impressed if you know anything about Brazilian football, so it's worth it to pick up a sports paper and catch up on the news. The same applies for novelas (soap operas).

Make sure that you leave yourself room and money to pick up some Brazilian clothes, music and literature while you are there. There is a lot of great stuff that you’ll never come across in the states. Also, while some of the more main stream commercial places (berimbau music, etc) are cheaper, the selection and staff advice is much better in a bookstore like Livraria da Travessa.
The “Hippie Fair” (“Feira Hippie”) in Praça General Osório on Sundays is a great place to pick up some local arts and crafts, funny clothes and bahian food, even though hippies are long gone. Be prepared to bargain. Also, once a month or so there is a Mercado Mundo Mix, a huge flea market of the coolest fashions. Lots of great stuff. Bring cash.