

Participant Information Package

Concept Study Tour 2010



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Introduction

The preparations for the study tour are progressing swiftly. Summer holidays are closing in, which means that the beginning of the study tour is in sight. Before we actually take off, we'd like to give you some important advices. This package contains some important advices you must take into account. Most important advices can be found as concluding bullet points below each chapter.

First, we will start discussing the essential travel documents in chapter 1. Without these, you won't even be able to enter Brazil. Subsequently, chapter 2 informs you about the insurances you need to arrange. Arranging proper travel insurance is your own responsibility, we therefore advice you to study this chapter carefully. You also need some money to make payments. Common practice and safety aspects regarding credit card use are part of this cash and payment chapter (3). We will discuss health and healthcare precautions in chapter 4. We consider this as very important to take into account, since the situation in Brazil differs very much from the one in the Netherlands, especially outside urban areas. Further, we will discuss the Brazilian gastronomy in chapter 5. Once you read it, you will find out that Brazil has very diverse cuisines and that Brazilians make fabulous juices. Then, the travel information chapter (6) gives some essential packing advices and also discusses flight details and baggage allowance. As Diego Morais from LaVoz stated in his presentation, safety is something to take into account as well. We will therefore wrap up all important aspects regarding safety in chapter 7. In the eight chapter we also give advice on how to spend your leisure time, by addressing topics like shopping, going out, and visiting the beautiful beaches. In chapter 9 we conclude the information package with the telecommunications chapter. Here, we address some advices which help you to safe a vast amount of money on expensive international of inter-state phone calls. Attached to this package you will find a checklist and concept daily schedule for the study tour.

We hope this information package helps you preparing your best trip ever! If you have questions, please don't hesitate and contact us (travel@boomingbrazil.nl). We are happy to clarify all your questions.

With kind regards,

Booming Brazil 2010

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1. Travel documents

“Well begun is half done,” (Aristotle, Greek philosopher 384 - 322 BC), this is certainly so when preparing your journey to Brazil. Arrange your identification papers and travel documents properly; acquire them on time, check the validity of your documents and keep them on a safe place during the study tour. This chapter discusses some points of attention.

1.1. *Passport*

Everybody who enters Brazil needs to have a passport which is valid till at least 6 months after their return date. You already submitted your passport numbers and some also sent a digital copy. For the ones who did not, please do so in time. The committee stores the digital copies in case of emergency situations.

In case you lose your passport during your stay in Brazil, go to the police to require a report as soon as possible (the insurance company requests police report before paying grants). Besides, request a temporary passport or laissez-passer (enter/exit pass) at the Dutch Consulate.



Figure 1 - Dutch passport

1.2. *Visa*

A visa is not required for the duration of the study tour. This situation changes when you plan to do business in Brazil or if you want to stay longer than 3 months as a tourist. Make sure you check the visa requirements for countries outside Brazil when you prepare your “after study tour plans”.

1.3. *International driver's license*

Some of you planned to rent a car after the study tour. Those ones must note that European driver's licenses are not valid in Brazil. You need an additional international driver's license. Dutch inhabitants can request one at the ANWB for €15.95. The document is valid for one year.

Further, you need to register your Dutch and International driver's license. You can do this in Brazil at the DETRAN travel agency (Brazilian version of the Dutch ANWB). You need to bring your Dutch passport as well. DETRAN charges fee for this registration.

1.4. *Important advices*

- Validate whether your name on your identification documents matches the one on your boarding passes exactly.
- Take two spare passport photographs with you. You might need these to request a temporary passport.
- Keep your travel documents separated from other papers.
- Digitalize your documents by scanning them in and storing them online (e.g. in your mailbox or a dropbox)

Check out the following web sites for more information.

Dutch embassy in Brazil

www.mfa.nl/bra (for Rio respectively São Paulo use /rio , /sao instead of /bra)

Visa and passport information

www.cibt.nl

International drivers license, Dutch ANWB-web site

<http://www.anwb.nl/webwinkel/reisdocumenten-en-vignetten/internationaal-rijbewijs>

International drivers license, Ministry of Foreign Affairs

http://www.mfa.nl/bra/over_brazilie/autorijden_in

International drivers license, Spain

http://www.dgt.es/portal/es/oficina_virtual/conductores/permiso_internacional/

2. Insurances

The insurer for the University of Twente is Hienfeld Assuradeuren (a daughter company of Europeese Verzekering Maatschappij NV). This organization arranges a collective insurance for all students and employees of the University. You can use this insurance for free by activating your account online. To activate it, visit the web site which we indicate below, fill in your personal details and travel information, and submit the form. Please note that the insurance policy only covers your stay during the study tour. Your additional vacation cannot be insured via the University. This means you should make sure that you arrange additional (world covered) insurance for this term. Further, Booming Brazil has also arranged insurance for cancellation. We will shortly discuss some relevant topics in this chapter. We will only discuss a minor part of the policy. Consult the formal, complete policy conditions and coverage list on the web sites indicated below.



Figure 2 - Hienfeld Assuradeuren

2.1. Health issues [articles 34/37]

Medical and dental expenses are covered for a maximum amount of €1.000. The insurer will only cover expenses when treatment cannot be delayed until return to the Netherlands. Payment will be granted according to the class of your Dutch medical insurance, or, if this insurance does not exist, to the lowest existing class in the Netherlands.

2.2. Luggage (loss and theft) [articles 25/28]

The insurance policy covers damage to, and loss and theft of luggage. This includes, for example, photo and audio equipment (50%), jewelry (10%), watches (10%), sunglasses or contact lenses (10%), objects acquired during the trip (10%), and travelling documents (amount of expenses). Your computer equipment is insured (when taken as cabin luggage) for max. €5.000. Money (cash and checks) is insured up to €500. Payment will also be granted for costs necessary for clothing and toiletries as a result of delayed luggage arrival at travel destination. As the policy (26.1.2.) indicates, “payment will be granted on the basis of (1) replacement value of luggage less than 1 year old, minus the value of remnants (if any). The person insured has to prove, by means of written evidence, that the luggage is less than 1 year old otherwise payment will be made on the basis of current value (2) current value of luggage more than 1 year old, minus the value of remnants (if any).”

2.3. Legal Aid [articles 22-23]

In case we need legal aid, Hienfeld covers the following costs (max. €5.000): legal aid for redress (verhaalbijstand), legal aid for criminal trials (strafbijstand), legal aid for contracts, and an advancement of a security sum.

2.4. Outdoor activities

Activities such as underwater sports are not insured via the University. If you plan to do outdoor activities, please check whether your insurance covers these.

2.5. Cancellation

The study tour has a separate insurance for cancellation. **In contrast to the travel insurance, the cancellation insurance is valid during your whole stay in Brazil.** The insurer is Unigarant

Verzekeringen. Cancellation costs are granted as a consequence of an individual cancellation due to an accident, death, or illness of family in first or second line. You can request the complete policy at the study tour committee.



Figure 3 - Unigarant Verzekeringen

2.6. *Important advices*

- Activate your free insurance account for the study tour on time.
- Check out the university's insurance policy in order to verify whether it matches your preferences.
- Arrange insurance with world coverage for your stay after the study tour.
- In case of an accident, loss or theft
 - Always write down names and addresses of witnesses. Never sign any paper of which you don't know its content.
 - Inform the study tour committee's day commissioner right away.
 - Contact the insurance company as soon as possible, since oftentimes there's a minimum term to bring in a claim.
 - Try to get an official, certified police report which states your loss or accident. This may require an enormous effort and patience, but this document is often essential for insurers.

Check out the following web sites for more information.

Hienfeld Assuradeuren collective insurance (link to activate your account)

http://www.utwente.nl/fez/administratieve_procedures/reisverzekering/

Cancellation insurance

www.unigarant.nl

3. Cash and payment

The official Brazilian currency is Real (R\$, plural reais). At this moment one Real equals 0.45€ (2,22R\$: 1€). The common way to make payments in metropolises Rio de Janeiro and São Paulo is by credit/debit card. In smaller or more remote cities payment is often done in cash. Travel checks are outdated and accepted at only a few places.

3.1. ATMs

Olaf Reizen gave us the advice to pay as much with credit/debit cards as possible. In case you need cash, you can use an ATM. The best place to withdraw cash is inside a bank. Banks are safer and can assist you when an ATM malfunctions. In general, opening hours of banks are from 9 or 10 a.m. till 2 or 3 p.m. from Monday till Friday. In smaller cities these opening hours differ. Cirrus, Maestro and Master cards (like the Dutch Rabo Europas or Rabocard) are formally accepted in Brazil. However, in reality this doesn't mean that that the card works for every ATM. The Rabobank classifies the usability of these cards at ATM's as "reasonable".

3.2. Credit/debit card

You can use a credit card for payments as well as cash withdrawal. Banks often charge fee for the usage of such a card. To save costs, check this in your bank's policy. For Brazil, the Rabobank classifies the usability for credit cards (Cirrus, Maestro and Master Card) as "reasonable".

3.3. Cash

There are several Real banknotes: a green one-real note, blue two, violet five, scarlet ten, yellow twenty, gold-brown fifty and blue hundred. It is recommendable to keep a small amount of cash with you all the time. However, from safety's perspectives it's not advisable to take more money with you than necessary. This amount lies between R\$20-50, enough to appease a mugger.

3.4. Collective and private expenditures

Your payment for the study tour covers the major part of the expenditures in Brazil. A short overview of costs that the organization covers are:

- Transportation costs
 - o Airport transfers (except the transfer to Rio de Janeiro Galeão Airport)
 - o Related to all excursions
- Food
 - o Breakfast
 - o Lunch
 - o Diner
- Excursions
 - o Site and company visits
 - o Cultural excursions



Figure 4 - Real banknotes and coins

Not included are drinks and snacks.

3.5. Important advices

- Skimming is a common practice in Brazilian metropolises. Don't get distracted when you withdraw cash or when you do electronic payments. Always keep your card in sight when you pay somewhere. Banks which are reliable are Banco Do Brasil, HSBC, Citibank and Bradesco. Avoid usage of ad hoc "ATM boxes" in stores, since these can be manipulated by criminals.
- Check whether your credit/debit cards are valid in Brazil. For the Rabobank we can already confirm this positively. Do not forget to check expiry dates as well.
- From safety perspective, keep cards, checks and cash separately when you are outside the hotel. This prevents you from losing everything at once when you face theft.
- Check whether you have the right cards to make a payment before you enter a restaurant. You can often verify this at the entrance, where stickers with Cirrus, Maestro of Mastercard indicate the acceptance of credit cards.
- Use the following telephone numbers to block your credit card or "PIN-pas".



Figure 5 - Detecting ATM fraud in Brazil

Bankpassen meldcentrale	0031-(0)30 283 53 72
ABN-AMRO	0031-(0)10 241 17 20 (PIN-pas) 0031-(0)34 245 33 82 (credit card)
ING	0031-(0)58 212 60 00
Fortis	0031-(0)20 588 18 81
Rabobank	0031-(0)88 722 67 67
MasterCard	0031-(0)30 283 75 00
American Express Credit card	0031-(0)20 504 86 66

Table 1 - Emergency phone numbers to block credit cards

Check out the following web sites for more information.

Payment and card processing

www.pasblokkeren.nl

<http://www.equens.com/>

GWK Travelex - Foreign money exchange and transfer

www.gwk.nl

Skimming- Forum

<http://brazilie.reisforum.nl/topic/1257/1/skimming.html>

4. Health

Healthcare conditions in Rio and São Paulo and Manaus are better than those in more remote areas. However, there are some significant differences between the conditions that you are used to in the Netherlands. A good preparation for the tour can start with studying this section.

4.1. Medical passport, glasses and contact lenses

It is recommendable to ask your doctor for a medical passport when you use medicines regularly and/or have specific allergies. It is also helpful to take your original medicine packages with you.

People who wear glasses or contact lenses should consider taking spare ones. At least, write down their strength in case you need buy new ones unexpectedly.

4.2. Immunization shots

Meanwhile, you have all acquired immunization shots for Brazil. Make sure your vaccines are registered on an “International Certificate of Vaccination of Prophylaxis”. Customs might ask for this document when you enter the country.

4.3. Hygiene

To minimize health risk, always wash your hands after a toilet visit, when you’re cooking, and before diner. Discussing these prevention measures may seem somewhat redundant, but we do this because they can prevent you from getting serious infections/diseases. Minor injuries or wounds can easily turn into infections in warm and humid areas. Make sure that you clean, disinfect and cover wounds regularly.

In Brazil, tap water is often treated with chloride. When filtered, you can drink this, but its taste is not very good. Instead you can drink bottled water or use tablets to purify unfiltered water.



Figure 7 - Water purifying tablets

Always check whether the bottles are sealed when you buy them.

Furthermore, surface water is often polluted. If you accidentally consume this water, you might consequentially get dysentery (bloody diarrhea) or hepatitis A. Vaccines prevent hepatitis A. You can also get a worm infection (Bilharzia) when you get in contact with polluted freshwater (especially in the Amazon and at the east coast). Therefore, avoid contact with stagnant (fresh)water. The medicine that cures Bilharzia is Praziquantel.

4.4. Diarrhea

In case you face diarrhea (e.g. due to malnutrition), make sure you drink enough to prevent dehydration. You need to rebalance the level of minerals in your body, by taking ORS (oral rehydration solution), a mix of sugar/salt dissolved in water. To stop the diarrhea, use Imodium, Diacure or Diarem. You should **never use Norit** when you also consume Malaria-pills at the same time.



Figure 6 - Yellow booklet

4.5. Mosquitoes

Malaria and dengue mosquitoes are active in Brazil. First, you should prevent yourself from getting stung. Best ways to do this is by (1) sleeping in air conditioned rooms or using a mosquito net (2) to wear clothes that cover your body and (3) to use DEET. Malaria mosquitoes are mostly active in the afternoon and at night, dengue mosquitoes mainly day over in urban environments.

4.6. Rabies

Rabies is caused by a bite from bats, dogs, monkeys or cats. Once bitten, you directly need to get an antidote. Please check you after study tour travel plans and look whether you need a vaccine for this disease. The vaccine slows down the development of germs within your body. It is highly recommendable to do this when you enter a tropical area which is at a more than 24hrs distant from a hospital.

4.7. Venereal diseases

Gonorrhoea, Chlamydia, HIV and AIDS are common diseases in Brazil. Especially in the northern part of Brazil (illiterate) people don't know how to prevent and treat these. Proper hygiene and condoms can prevent the diseases. To assure sure you have condoms of good quality, take some with you from the Netherlands.

4.8. Important advices

- Write down and take the phone number of your general practitioner, this can always be useful in case one needs your medical history.
- When you have a blood card (bloedgroepkaart), take this with you. This can always be helpful.
- The committee will bring a first aid kit. They have sterile needles and related accessories. This assures us we have clean material when visiting a hospital.
- When you have the fever after your return from a tropical area, please contact your general practitioner right away.



Figure 8 - DEET

Check out the following web sites for more information.

Dutch National Centre for Coordination for advice on travelers' health (reference for information in this section)

www.lcr.nl

Travel advisory sites

www.gezondopreis.nl , www.tropenzorg.nl , www.soa.nl

Vaccination centres

www.thci.nl , www.ggd.nl , www.havenziekenhuis.nl

5. Food and Beverages

There's no such thing as a typical Brazilian kitchen, but what many people state is that their food is damn good. Fresh fruit, hot coffee and ice cold beers make their day more pleasant. The different cultures within Brazilian can be easily found in their different sorts of food: Portuguese olive oil, Japanese sushi, African okra, Italian pasta, and German sausage are just a few examples. Further, Brazilians love meat, lots of meat!

5.1. Only eat "healthy" food

Although quite straightforward, we'd like to mention that you should not eat raw meat, half-cooked vegetables, and unwashed fruit. Raw milk or milk products shouldn't be consumed either. Only add ice cubes to your drink when you are sure these are made of table water. Unpacked ice and salads which are washed with tap water are not recommended to eat. In other words "cook it, boil it, peel it or leave it!"

5.2. Habits

Brazilians often start with a small breakfast, which consists of coffee with milk and a sweet or savory backed good. Lunch (*almoço*) takes place anywhere between noon and 3 p.m., followed up by a late afternoon snack (*lanche*) and a lighter lunch at about 9 p.m. Lunch and snacks both consist of warm plates. At Sunday, most Brazilian families gather to have an afternoon lunch together.

5.3. Restaurants

In general, Brazilian restaurants are open from noon till 2:30 p.m. and from 6 till 10 p.m. A familiar type of restaurant is the restaurant por quilo, where you pay a fixed price per kilo for your plate. The Brazilian barbecue, Churrascaria, is also something that you must experience. Here, swords laced up with different sorts of fish, fruit and meat are presented to dining guests. The guests can choose a piece on the sword, which will then carefully been cut off and put on the plate of the restaurants' guest.



Figure 9 – Two typical Brazilian restaurants

Due to its high level of wealth and its Italian and Japanese influences, São Paulo is often called the gastronomical capital of Brazil. Pizza and sushi are popular meals in this big city. Rio doesn't have its own cuisine, but offers excellent food from every region. Chicken, fish, beans and meat are very often served. Manaus, as part of the Amazon region, traditionally serves a lot of freshwater fish, yams, beans and exotic fruit.

5.4. Drinks

Brazilians drink a lot of juices (*sucos*). Popular juices are created out of fruits like, for example, oranges, lime, papaya and the highly nutritious açaí. Juice bars in Rio can offer about 30-40 different mixes of juice, with or without pulp, ice or sugar. Water in these mixes is often purified, but, if you

doubt it, you can request orange juice (suco de laranja) instead. As we suggested previously, make sure you only drink filtered water.



Figure 10 – Brazilian coffee, Açai juice and Caiprinha

Brazilians also drink a lot of coffee. Its taste is often very strong, hot, and sweet. In the morning, coffee's served with milk (*café con leite*). For the rest of the day it's served in a small, espresso sized coffee cup.

Brazilian beer is very different than the beer you are used to in the Netherlands. The most famous label is Antártica, which is served ice cold. In general Brazilian beer is characterized lighter and sweeter. Another popular alcoholic drink is cachaça, the main ingredient for caiprinha: a sweet, fresh liquor.

5.5. Prices

The Lonely Planet and The Economist (issue of January 31st, 2010) present some comparative prices for Brazil:

- Bic Mac Index: 6.4 R\$ (3.01 USD), compared to an average €2.94 (3.82 USD) in the Euro Zone
- 1L Bottle of water: 1.0 R\$
- Pint of *chope* (draft beer): 2.80R\$
- Glass of açai: R\$3.50

5.6. Important advices

- There have been reports of drugging, including spiked drinks. Exercise extreme caution when a hot beach chick offers you a drink or sweets of any kind.
- Tip for restaurant waiters is usually around 10%. In restaurants, this amount is often included in the bill and mandatory.

Consult the following resources for more information.

Travel Tips for Brazil

<http://www.reistips.nl/samerica.brazilie.htm>

The Lonely planet, Section Food and drink (pages 103-113)

6. Travel information

Our three week tour can be very tiresome if you don't prepare it well. Take enough rest, minimize the effect of a jet lag and pack your case effectively. This section presents some practicalities. Attached to this report, you will find the first rough version of our daily schedule. Questions and comments are very welcome, but we do not guarantee that we can make significant changes to the schedule. Right before the actual study tour begins; we will distribute a minute planning with an exact list of activities allocated to different time slots.

6.1. Rest and jet lag

The study tour will consume more energy than you would expect on first instance. You need to be concentrated during excursions; make long days, and probably want to do some sightseeing as well. To prevent fatigue, we therefore recommend you to start the study tour well rested.

A jet leg arises after passing multiple time zones. This can disrupt your biological clock. On the web site of KLM, we found the following information and advice:

The body is used to a 24-hour sleeping pattern regulated by its biological clock. When flying through time zones, the body has to adjust to another day/night rhythm. Complaints most commonly associated with jet lag are sleeping problems and fatigue during the day. Also mentioned are reduced concentration and digestion problems. Although jet lag problems cannot be eliminated entirely, they can be reduced. Regular exercise helps the body adjust more easily to new time zones. You should also reduce your intake of coffee and alcohol before going to bed. A special diet is unnecessary; just try to eat a healthy diet. Ensure a comfortable sleeping environment: a dark, quiet, cool room encourages falling asleep. If necessary, use earplugs or an eye mask. It would be best not to take sleeping medications or melatonin.

Upon arriving at your destination, you should limit your sleep on that first day to no more than 2.5 to 3 hours. How long you sleep depends on when you arrived. (If you arrived in the morning, you can sleep for 3 hours; if you arrived in the afternoon, you should limit your sleep to 1.5 to 2 hours.) After that first day, adjust your sleeping pattern to local time. This is the fastest way to get jetlag under control.

6.2. Checking in on the airports

The table below provides the departure dates and luggage check in opening times. Please make a reservation in your schedule for potential delay in your trip towards the airport. We will inform you with more departure detailed plans in the first weeks of September.



Figure 11 - Customs x-ray check

Flight number	Origin- Destination	Date	Luggage check in	Take off - Arrival
AF 8227/AF456	Amsterdam-São Paulo	Sept. 18	4:45	6:45-17:15
JJ 3746	São Paulo-Manaus	Sept. 25	21:35	23:05-2:05
G3 1633	Manaus-Rio de Janeiro	Oct. 2	2:40	4:10-9.15

Table 2 - Flight details

6.3. Luggage allowance

There are strict regulations when it comes to dimensions and weight of suitcases. Further, several items (sharp and/or explosive goods) are prohibited on board of an airplane. This section provides some guidelines with reference to your luggage. Consult the KLM, TAM or GOL website for more detailed information.

Organization	KLM/ Air France	TAM Airlines	GOL airlines
Max. weight carry-on luggage	12 kg	5 kg	5 kg
Max. dimensions carry-on luggage	L*W*H=55*35*25 cm max.	L+W+H=115cm max.	L+W+H=115cm max.
Max. weight check luggage	23 kg	23 kg	23 kg
Max. dimensions check luggage	L+W+H=158 cm max.	No restrictions	Max 2 bags, no restrictions
Additional information	<ul style="list-style-type: none"> Suit bag is considered as normal bag Notebook may be taken separately Liquids in small quantities of max 100ml placed in resealable plastic bag of max 1L 	<ul style="list-style-type: none"> Notebook may be taken separately as carry-on luggage 	

Table 3 - Luggage allowance of operating airlines

Since March 2010 most airlines use the piece system, which means that the dimensions of your luggage are not fixed as volume any more. The dimensions are a function of a length measured as the sum of length, width and height of your suitcase. You might also notice that the domestic flight operators do not have restrictions to checked baggage dimensions.

Please take the baggage restrictions very serious. If you prefer additional space, please let us know in time so we can book this in for you. Costs are on your own account, just like any other costs resulting from overweight of your baggage. Booming Brazil will not be held responsible for appropriate packing and handling of your baggage.

6.4. Prohibited goods

Liquids and radioactive as well as explosive goods are prohibited on board of an airplane. We do not feel the need to explain this in detail, please check the websites of the airlines for detailed information.

6.5. Sealing

Baggage handlers on airports often do not treat your property with care. It is advisable to lock down or strap your suitcase to prevent it from breaking open. On most airports you seal your baggage to prevent burglary, loss of objects or prevent that someone puts smuggled goods in your suitcase. The Seal&Go stand on Schiphol Airport are located in departure halls 2 and 3. Sealing costs €7.50 per package.



Figure 12 - Seal&Go

6.6. Importing goods

You undoubtedly want to take some souvenirs from Brazil back to the Netherlands. You can import a lot of stuff without restrictions. Next to your normal travel baggage, a limited amount of cigarettes and alcoholic drinks, you are allowed to import goods with a maximum value of €430 duty free. For example, you need to pay tax for a camera that cost you €500. When you bought two objects, one for €400 and one for €40, you only need to pay tax for the first object.

We will briefly discuss the special goods that might need to be declared at the customs when you enter the Netherlands:

- A cash and valuable documents worth more than €10.000
- Imitation products (you are allowed to import a few goods for your own use)
- Protected species of animals and/or plants or products that consist of these (e.g. seeds, snakes, reptiles, coral, shells, jewelry, and herbs/medicines)
- Natural consumption products and food (e.g. milk, eggs, meat, but also animal skin)
- Bigger amounts of plants (>5kg) or flowers (>5 bunches), vegetables (>5kg)
- (Imitation) weapons and ammunition (e.g. fire arms, guns, alarm pistols, and pepper spray)
- Medicines which are not for your own consumption
- Drugs
- Art and antique cultural goods

These goods are quite similar for entering Brazil. Some differences are:

- Alcoholic items and tobacco are allowed, but the maximum duty free allowed volumes are different.
- Cash, checks and traveler checks require declaration at customs when it's worth over R\$ 10.000.
- Declaration is required for goods exceeding U\$500

6.7. Packing advices

We already mentioned the importance of taking valid travel documents with you. This paragraph will give you some other advices to take into account when you create your own packing list. We attached a standard packing list to this information booklet.



Figure 13 – Customs sign

6.7.1. Clothes

The climate table below provides some guidelines for choosing your garment. Another consideration is that you should avoid the “typical tourist look”; this will reduce the chance for being robbed.

Location	Temperatures/humidity Sept. (°C/%)	Temperature/humidity Oct. (°C/%)	Rainfall Sept. (mm)	Rainfall Oct. (mm)
São Paulo	14-24/ 80	15-25/ 80	80	120
Manaus	25-32/ 78	25-32/ 79	90	110
Rio de Janeiro	19-25/ 65	20-26/ 65	80	90

Table 4 - Climate information (resources: Lonely Planet 698, www.climate-charts.com)

As you can derive from the table, taking a cap, sunglasses and sun block is not redundant. We plan to visit tropical areas as well. You should dress appropriate, which means you need to wear clothes that can cover your body and prevent you from being stung by mosquitoes.

6.7.2. Washing and refreshing clothes

You can wash your clothes by yourself on your hotel room or pay some extra to get it done for you by our hotel’s laundry service. We advise you to take a small amount of Biotex or a tube with detergent.

6.7.3. Electricity

Although Brazil generates a vast amount of hydro-electricity, its grid is not standardized throughout the country. In fact, the grid voltage varies between 110-220V. You should therefore take a special adapter to make your plug fit the outlets. You don’t have to worry about the reliability, since almost 97% of the households have access to the net. According to Kropla.com, places we visit have a 127V/60HZ grid, but some hotels have a 220V outlet as well. When you visit remote areas, don’t forget to take a spare set of batteries. Also consider taking spare batteries for your laptop or photo camera. A last tip: bring a flashlight, as we might go on a jungle trip during the study tour.



Figure 14 - Electricity plug

6.7.4. Who brings what?

The committee will bring the following items for communal use:

- First aid kit containing at least, Diacure, ORS and sterile material
- Detailed schedule, addresses and emergency plans
- A laptop
- Some background music
- Electricity plug adapter
- Three local, and one Dutch cell phone
- Company gifts

6.8. *Important advices*

- Prepare departure flights by taking enough rest! This will not only reduce jet lag, but will also give you a better start on the first days in Brazil!
- Please be in time for the departure of each flight/transfer!
- Attach a label to your luggage and remove older labels/stickers; this will ease the handling procedure on the airport.
- Write down the address of the hotels you will visit. This can be useful when you're delayed or when you need to order a taxi back.

Check out the following web sites for more information.

Baggage allowance of operating airlines

http://www.airfrance.nl/NL/en/common/guidevoyageur/pratique/pratique_bagage.htm

<http://www.tam.com.br/b2c/vgn/v/index.jsp?vnextoid=73db09f1157f2210VgnVCM1000000b61990aRCRD>

<http://www.voegol.com.br/InformacoesUteis/Bagagem/Paginas/home.aspx>

Dutch customs

http://www.douane.nl/particulier/reizigersbagage/reizigersbagage-06.html#P114_7794 ,

Brazilian Customs regulations

<http://www.iatatravelcentre.com/BR-Brazil-customs-currency-airport-tax-regulations-details.htm>

Electricity grid in Brazil

<http://www.kropla.com/electric2.htm>

<http://www.electricaloutlet.org/>

7. Safety aspects

It might not surprise you that the safety situations in Brazil are very different from here. Prejudiced people often think that Brazil is an unsafe country and that metropolises like São Paulo, Manaus and Rio de Janeiro are dangerous places. By now, you might all know better. The chance on criminal offence reduces when you act carefully, behave normally and do not go to places which are not familiar to you. This section gives you some additional advice on the security aspects. The first sections discuss how to prevent criminal offences. The final ones address the steps to undertake when you become victim of such offences.

7.1. *The Dutch embassy*

The web site of the Dutch embassy contains an actual definition of the safety situation in Brazil. In short they state the following: There is a significant risk of street robbery paired with violence and burglary in bigger cities such as São Paulo and Rio de Janeiro. In Brazil, criminality focuses on (international) drug dealing. Some areas Rio and São Paulo are characterized by gun shootings between police and rivaling drug clans. This criminality is not aimed at tourists, but often attracts younger Brazilians to use and deal drug, which often leads to their addiction. On its turn, this generates street prostitution and street robberies. Also smaller cities require continuous awareness, especially after sundown. They classify the situation as follows: “continuous awareness required with reference to criminality and health”. In Manaus, the safety situation is quite similar to that of São Paulo and Rio. Violent crime against tourists is highly uncommon, but you need to be suspicious for street robbers.

7.2. *Public transport*

The metro systems of São Paulo and Rio de Janeiro are quite good. They are safe and punctual. The metro systems close at night. In contrast, city busses are considered as unsafe. The taxi is a very good alternative to the city busses or metro. You should only make use of official taxis. The best option is the radio taxi. This taxi service registers every trip the cab driver makes in detail, which makes it much safer than an ordinary taxi. Official taxis are indicated by red license plates and an official license sticker on the passenger’s side of the control panel. Travelling at night is not recommended.



Figure 15 - Metro of São Paulo

To prevent pick pocketing, avoid using public transport at rush hours (7:00-8:00 AM and 5:00-8:00 PM). You should always avoid the East Zone of Manaus, it has a really bad reputation for being dangerous.

7.3. *Cultural codes of conduct*

The previous paragraphs stress that you should be suspicious when you maneuver in public areas. It is also important to behave normally. By this we mean you shouldn’t behave very different from locals, and above all, you shouldn’t offend anyone. In the three cities we plan to visit, habits are not very different from here. You can take photo’s almost everywhere except at airports and

military terrain. When you consider taking pictures of people, always ask their permission first. A small tip will be appreciated.

Also learn some gestures and greetings. For example, the American “OK” is considered as very rude in Brazil, since it has an obscene meaning.

7.4. Buddy-system

To stay safe, don't travel alone, especially not at night. During leisure time, always stay together in groups of 5-6 people. For the planned study tour activities, we will introduce a buddy system. For this system, we will create a list of participants. Every participant is appointed to a buddy on the list. This creates a cyclical string of people checking each other's safety out. Always check your buddy's presence at several check moments per day.

7.5. Unsafe places

Which places are safe and which aren't? This paragraph gives an overview with places you should and should not visit at particular points in time. You can also find this information in the Lonely Planet.

7.5.1. São Paulo

During the day, you can walk most places in central São Paulo, though always with normal precautions. After dark, you can still walk around Av. Paulista, Jardins and Rua Augusta and the neighborhoods of Zona Sul (Vila Madalena, Pinheiros and Vila Olímpia) but avoid empty side streets (market green planes). Surprisingly, Centro and Praça da República (marked red circle) are not safe at night, avoid walking in these areas and take taxi instead.



Figure 16 - Safety map of São Paulo

7.5.2. Manaus

Avoid entering the East Zone of Manaus, this part is often considered as unsafe. It has some slums, and is a pore and rough area.

7.5.3. Rio de Janeiro

The crime rate in Rio is quite high, but if you travel carefully, not disturbed by a fatigue or a severe jetlag, you can figure you way out safely. You can go to the city centre on weekdays (market green). In the evening and on weekends, this is part deserted and shouldn't be visited. Keep an eye on your properties at the beach (Copacabana, Ipanema), since theft is very common there. Do not walk on beaches at night (marked blue).



Figure 17 - Safety map of Rio de Janeiro

Further, armed robberies are on the rise and have occurred on the streets of Lapa, Santa Teresa and Copacabana (marked green, 40% of the tourists get robbed there). Further, during a visit to

the Maracanã Football Stadium, only take the spending money for the day and avoid crowded places. Never visit a favela without a guide who really knows the area.

7.6. *What of something goes wrong?*

In case you become victim of a criminal offence (armed robbery, burglary or violation) act as follows:

1. In case of armed robbery, hand over the goods and don't try to fight back. Thieves are not afraid to use their guns. After you passed the goods, thieves will almost certainly leave you alone.
2. Inform the local police as soon as possible. For example, in Rio de Janeiro, there's a special tourist police for these cases. Your insurance company often requires such reports before granting payments.
3. Inform the Dutch embassy or Consulate as well, especially when you needed to go to a hospital. The Dutch governmental agencies can also help on you finding an interpreter or a doctor.

7.7. *Important advices*

- Always be a little suspicious when you go into public areas. A distracted, disoriented, or tired person is an easy target for criminals. The cream technique is a way to distract people. A thief will distract his victim by intentionally "creaming" him. He drops some dirt (ice, milk, soft drinks etc.) over the victim's clothes and offers him to clean it up. At the same time, someone else tries to steal valuables and runs away with it.
- Avoid dressing yourself like a typical tourist. According to the Lonely Planet you should avoid wearing baseball caps, shiny sunglasses and black socks. Instead, dress up with Bermuda shorts, t-shirts and a pair of Havaianas
- Never take more money with you than needed for the day. Separate small amounts of cash from the rest so that you don't need to grab for the bigger money in public. Don't take I-pods or jewelry with you into public.
- Keep valuables, like your digital camera, out of sight when you're not using it.
- Always keep R\$20-50 with you to hand over to criminals. This will save your real valuables and often commutes a prowler.

Consult the following resources for more information.

Lonely Planet

Directory pages 698-700 on Dangers and Annoyances.

Dutch Ministry of Foreign Affairs, travel advices for Brazil

http://www.mfa.nl/bra/over_brazilie/reistips

Wikitravel, advices concerning safety in Manaus

<http://wikitravel.org/en/Manaus>

8. Spending your time off

You can spend your leisure time shopping, going out, swimming, lying at the beach et cetera. This chapter gives a brief overview of these possibilities.

8.1. Shopping

Business hours in bigger cities are as follows: Monday till Friday 9.00-18:00, and on Saturday 9:00-13:0. The bigger shopping malls are often opened till 21:00 or 22:00.

São Paulo is full of shopping malls, ranging from ones offering low budgeted products till malls that have expensive and luxurious stores like Gucci. Fancy shopping areas in São Paulo are Rua Oscar Freire (Jardins districts) or the Daslu on Av. Chadid Jafet. Manaus has less interesting shopping areas as compared to São Paulo. However, it does have nice markets (e.g. Mercado Municipal Adolfo Lisboa on Rua dos Barés) where you can buy inexpensive crafts, t-shirts and cheap stuffed piranhas and natural medicines. Rio has a variety of shopping areas. The Zona Sul has a lot of nice boutiques, cafés, and restaurants. Further you can find lots of stylish boutiques, handicraft shops, and interesting markets. Biggest shopping malls can be found in Barra.

When you go shopping for souvenirs, remember that you shouldn't buy natural products like turtles, animal skins, coral or bird feathers. Importing these products into the Netherlands (or exporting them outside of Brazil) are prohibited and will be fined.

8.2. Going out

São Paulo has lots of interesting restaurants and clubs. After a complete, extensive diner, residents often go out in trendy clubs or samba clubs. For a good nightlife experience you should visit Vila Olympia or Vila Madalena. Popular, but quite expensive clubs are, The Love Lounge and the Blen Blen Brasil Club.

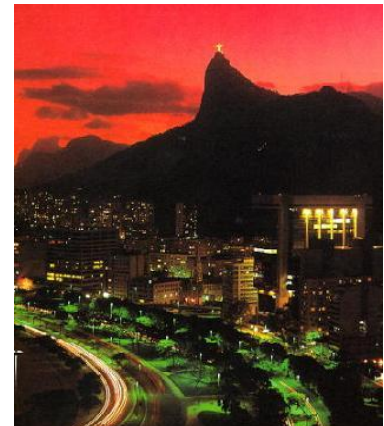


Figure 18 - Rio at night

Manaus' nightlife is different. There are some nice bars and restaurants located near to Amazon River at the Ponta Negra. There are several big clubs, such as Mamuth or Forro (spread all over the city. Further down near the Praça da Matriz, Manaus's downtown nightlife scene degenerates into the sleazy mix of sailors and whores traditional in a large port. Praça da Matriz itself remains reasonably safe, but it's best to stay off side streets like Rua Visconde de Mauá. The city's best nightlife spot is out near the Tropical Hotel at Ponta Negra Beach. There are regular concerts and events at the amphitheater, and a number of bars have live entertainment in the evening. If you want to see more traditional culture, visit the Teatro Amazonas on Monday evening.

For Carioca's, going out is a very important part of life. Bars open for whole day; you'll find the best ones in Ipanema, Copacabana and Leblon. Clubs and discotheques are also a widespread phenomenon in Rio. Doors open at 22:00, and most people come in at 23:00. Popular clubs are, for example, Baronetti, Nova Lounge and Spazio, Melt (Leblon), Sky Lounge (Lagoa), Casa da Matriz (Botafogo) and Fundação Progresso. You'll find live performances on samba, bossa nova, chorinho, blues, pop, jazz and rock at almost any place.

8.3. Beaches

Manaus and Rio de Janeiro offer a good opportunity for a swim. You can swim in the Rio Negro in Manaus and visit Copababana, Leblon and Ipanema in Rio de Janeiro. Only bring your (hotel) towel when you go swimming. Any other stuff you take (like bags, cameras, jewelry) will probably be stolen on the crowded beaches. Don't go swimming in areas where you cannot spot any locals. These beaches might be dangerous as a consequence of strong flows or sharks.



Figure 19 - Beaches of Rio de Janeiro

8.4. Driving around

Some of you might rent a car for your trip after the study tour. Note that driving at night in bigger cities can be dangerous. Carjacking and red-light robberies occur frequently. The city of São Paulo adopted a law that legalizes it to slow down for red lights at night. If there's no traffic, you may continue without stopping. Road conditions can be poor in remote areas, and areas that flood frequently. Be sure you bring enough gasoline on those trips. Reduce your speed to 40 km/h in urban areas; there are a lot of speed bumps which are not signaled very often.

8.5. Important advices

- Your safety during leisure time is your own responsibility. Please take our safety advices into account and always know how to contact the committee in case of emergencies.

Check out the following web sites for more information.

Dutch Ministry of Foreign Affairs, travel tips

http://www.mfa.nl/bra/over_brazilie/reistips/zeden_en_gewoonten

Nightlife in São Paul, Manaus and Rio de Janeiro

www.take-a-trip.eu/nl/rio-de-janeiro/uitgaan

<http://surprisetickets.nl/reizen/744-brazilie-sao-paulo-uitgaan>

<http://www.justbrazil.org/brazil/manaus/manaus-nightlife.asp>

9. Telecommunications

There are several cases in which you might need to use a phone. You want to contact home, colleague participants, or perhaps need to inform emergency services. This chapter contains an overview with information on telecommunications.

9.1. Booths and Collect call

A cheap way to call the Netherlands is by collect call (*a cobrar*). Dial 0800-703-2111 for this option. This option can be chosen at an *orelhão* (booth). Unfortunately, not all booths are connected to an international line. First dial +31 then enter the full Dutch number but exclude the first 0. The costs for collect call conversations are for the one who receives the call. This is quite useful when you don't have a phone card. You can buy a card at a kiosk (*banca de jornal*). A phone card contains 20, 50 or 90 units and cost about R\$5-20. Local phone calls only cost a few units, inter-city long distant calls can easily cost about 10 units per minute. Be aware of pickpockets when you use an *orelhão*.

9.2. Cell Phones

You need a tri-band or quad band cell phone to make phone calls in Brazil. The most economical solution is to buy a Brazilian pre-paid SIM-card (*cartões pre pago*). Mobile phones have city codes, just like normal phone numbers, thus your pre-paid is often restricted to a geographical area. If you leave the area, phone calls become more expensive. It is therefore smart to buy a different SIM-card in each city we visit. The main providers are Tim, Vivo and Claro.



Figure 20 - Orelhão

9.3. Skype

The alternative to the options mentioned above is Skype. If you have a paid Skype account you can dial numbers for all over the world very cheap. You can also create a free Skype account and make free phone calls to other Skype users. Internet cafes can be found everywhere. The price for an hour internet is about €2.50.

9.4. Important phone numbers

To call intercity distance, dial *0+ two digit carrier code +two/three digit city code + eight digit local phone number*. For example, to call a number in Rio de Janeiro via intercity in Brazil you dial: 0+23+21+12345678. Since there are rival long-distance telephone carriers, make sure that your local carrier also operates in the state you want to make a call. For local calls you can skip the number described in italic text. The table below presents country, city and carrier codes and relevant phone numbers.

Table 5 - Country/city/carrier codes and phone numbers

Codes	
Country	Code
Netherlands	0031 (omitting the initial 0xx)
Brazil	0055 (omitting the initial 0xx)
City	Code
Rio	21
São Paulo	11
Manaus	92
Carrier	Code
Embratel (all of Brazil and international calls)	21
Intelig (all of Brazil and international calls)	23
Organization	Phone number
Ambulance	192
Fire department	193
Police	190
Dutch cell study tour committee	Will be announced
Brazilian cell number committee	Will be announced
Olaf Reizen	+31 (0)6-24.54.07.67
SOS International (Hienfeld's emergency number)	+31 (0)20-65.15.151
AMWB Alarmcentrale	+31 (0)88-26.92.888
Venue	Phone number
Pausada Manovani	+55 (0).xx. ¹ 11-3889.8624
Hotel Monaco Manaus	+55 (0).xx.92-2121.5026
Hotel Rio Rioss	+55 (0).xx.21-3222.9950
Dutch authorities	Phone number
Embassy in Brasília (emergencies only)	+55 (0).xx.61-8134.9384
Consulate-General São Paulo (emergencies only)	+55 (0).xx.11-8292.1180
Honorary Consulta Manaus	+55 (0).xx.92-3622.1366
Consulate-General Rio de Janeiro (emergencies only)	+55 (0).xx.21-9981.9314

¹ xx indicates the local carrier code.

Checklist

This last chapter wraps up the information of this package in a checklist form.

Travel documents

- Passport
- International drivers license
- Digital copies of travel documents
- Two spare passport photographs
- International certificate of vaccination (yellow booklet)
- Boarding passes (if available)

Insurance

- General conditions and policy form of insurance company (for during and after study tour)
- Emergency phone numbers
- Health insurance card

Cash and payment

- Money belt
- Brazilian cash
- Credit/debit card
- Emergency phone numbers

Health

- Medical passport and medicines (with packing)
- Spare glasses or contact lenses
- Tablets to disinfect water
- ORS (rehydration)
- Imodium, Diocure or Diarem (stops diarrhea)
- Malaria pills
- DEET
- Condoms
- Number of general practitioner
- First aid kit
- Blood card

Travel information

- Sleep mask with ear plugs
- Casual clothes
- Smart casual clothing, including the study tour shirt
- Neat and hiking boots
- Swimwear
- Flip flops
- Sunglasses
- Cap
- Tube with detergents

- Laptop (if needed)
- Adapter plug for outlet
- Playing cards

Telecommunications

- Cell phone
- Brazilian SIM-card
- Skype accessories (headset)
- Important phone numbers