

# Brasil



# National Profile 2017-2018

## Welcome to Brazil!

Brazil is a wonderful place with receptive and nice people. We are happy to know that this is the place you have chosen to spend your exchange period!

This National Profile aims to give you an idea of what to expect of an exchange in Brazil. Please read it carefully, as you will find an introduction about the country and the Brazilian culture itself and important information about how our program works. Do not forget to sign the agreement at the end of this profile and send it to your sending organization with the application form.

We from **ICYE BRASIL** are going to do everything we can to make your experience abroad unique and meaningful. We are looking forward to meet you here in Porto Alegre soon!

**ICYE BRASIL STAFF**

## INDEX

<b>Brazil?! Brief history, geographic aspects .....</b>	<b>4</b>
Dimensions, Demographic aspects, Political aspects .....	5
Political Organization, Economic aspects .....	6
Regions .....	7
Land forms, rivers, cities .....	8
Climate, Population .....	10
Time, Language & Religions, Education .....	11
<b>Rio Grande do Sul .....</b>	<b>12</b>
<b>Porto Alegre .....</b>	<b>14</b>
<b>Information about the program .....</b>	<b>16</b>
<b>Long Term Program (Starting Date, Camps ....) .....</b>	<b>17</b>
<b>Useful Material .....</b>	<b>18</b>
How to proceed .....	19
<b>Long Term Program Rules .....</b>	<b>20</b>

# Brazil?!

## Brief History:

The Portuguese navigator, Pedro Álvares Cabral, “discovered” Brazil in 1500. From then on, various export cycles dominated Brazil's economic development. The first of these cycles was based on the exportation of Brazilian wood, which was used to make dyes and paints. During the 17th century, Brazil became the world's largest producer of sugar. In this period, a large number of African slaves were brought to Brazil to work in the sugar cane plantations. Gold and diamonds eventually replaced sugar as the country's major export. By the second half of the 19th century, Brazil was deep in a new cycle with coffee as the major export. Today, coffee is still one of Brazil's major sources of income. The late 19th century rubber boom also brought prosperity and development to the north of Brazil.



In 1789, one of Brazil's first movements for independence from Portugal was crushed. Its hero, Tiradentes, became a national symbol of liberty. When Napoleon invaded Portugal in the early 1800's, the King of Portugal, Dom João VI, fled to Brazil where the Portuguese court continued to reign. Ports were opened to international (mostly British) commerce, and the colony grew substantially. Independence was finally proclaimed by Dom Pedro I (Dom João's son) in 1822 and he became Brazil's first Emperor. His son, Dom Pedro II, reigned for 49 years until 1899, when the country became a Republic. In 1888, Princess Isabel abolished slavery.

In 1940, Brazil began a new phase characterized by industrial development. At the same time, agricultural technology improved giving further impetus to the industrial surge and accelerating financial expansion. In spite of a large and ever growing internal domestic market, Brazil continues to be a major exporter of agricultural products as well as manufactured items such as heavy machinery, shoes, and steel products.

## Geographic aspects:

[Brazil](#) is located in the east coast of the South America. Its total area 8,511,965 km<sup>2</sup>, constitutes one of the biggest countries of the [world](#) in territorial extension. It possess a vast natural water holds; the biggest forest of the land; and flora, fauna, air, land, minerals and waters of inestimable value for the planet. It has around 180 million inhabitants.

## Dimensions:

Brazil makes up nearly half of the total area of South America. Almost every South American country except by Chile and Ecuador borders its North, West and South boundaries. To the East, it is blessed with 7,400 km (4,600 miles) of unspoiled, South Atlantic coastline, including some of the most beautiful beaches in the world. Brazil's land mass totals 8,511,965 square kilometres, more than all European countries combined or the continental part of the United States.

## Demographic aspects:

Around 25% of the population is less than 15 years old, 70% between 15 and 69 years old and 5% are around 69 years old or more. The demographic tax of growth is 1.63% a year; the tax of infantile mortality is 12 over 1000 births. Life expectancy in Brazil is around 74 years old; 71 years old for men and 78 years old for women.

The geographic regions of Brazil withheld, in 2011, the following populations:

ORDER	REGION	POPULATION	% of BRAZIL
1	Southeast	82.067.000	42,03
2	Northeast	54.226.000	27,77
3	South	27.875.000	14,28
4	North	16.499.000	8,45
5	Mid-west	14.576.000	7,47
	<b>Total of Brazil</b>	195.243.000	100

Source: Census of IBGE, 2011.

The 10 biggest cities of Brazil, in population, in 2010, were the following ones:

ORDER	CITY	STATE	POPULATION
1	São Paulo	São Paulo	11.253.503
2	Rio de Janeiro	Rio de Janeiro	6.320.446
3	Salvador	Bahia	2.675.656
4	Brasília	Distrito Federal	2.570.160
5	Fortaleza	Ceará	2.452.185
6	Belo Horizonte	Minas Gerais	2.375.151
7	Manaus	Amazonas	1.802.014
8	Curitiba	Paraná	1.751.907
9	Recife	Pernambuco	1.537.704
10	Porto Alegre	Rio Grande do Sul	1.409.351

Source: Census of IBGE, 2010.

## Political aspects:

The country's official name is Federative Republic of Brazil; the capital is Brasília; it has 26 States and a Federal District where the capital is located. The current president of the country is **Michel Temer** from **PMDB** (Partido do Movimento Democrático Brasileiro). He took office on 31 August 2016, after the impeachment and removal of his predecessor Dilma Rousseff (PT - Workers Party), having served as Vice President since 2011 and as Acting President since 12 May 2016, when Rousseff was suspended from her presidential powers and duties to face her impeachment trial. On

31 August 2016 the Senate voted 61–20 to convict President Dilma Rousseff and remove her from office. Temer succeeded to the presidency, to serve out what would have been the remainder Rousseff's second term until 1 January 2019

Among the main politics parties, there are:

DEM - Democrats

PC do B - Communist Party of Brazil

PDT - Working Democratic Party

PMDB - Brazilian Democratic Movement Party

PP - Progressist Party

PPS - Popular Socialist Party

PSDB - Brazilian Socialist Democratic Party

PT - Workers Party

PTB – Brazilian Working Party

PV – Green Party

PSOL – Socialist Liberty Party

### **Political Organization:**

The three independent harmonious branches of the government are the **Legislative**, the **Executive** and the **Judiciary**.

Legislative power is invested in the National Congress, consisting of the Chamber of Deputies and the Federal Senate. The Chamber of Deputies is composed by 487 representatives of the people, elected through direct and secret ballot. The Federal Senate consists of 54 senators, also elected directly and through secret ballots.

The President of the Republic heads the Executive, with the assistance of the Ministers of State. The Judiciary consists of the following bodies: the Federal Supreme Court, the Federal Court of Appeals and the Federal Judges, the Military Courts and Judges, the Electoral Courts and Judges, the Labour Courts and Judges and the State Courts and Judges. Political parties are required to be organized according to the principles of the representative democratic regime, based on the plurality of parties and basic human rights. Voting is a compulsory commitment to every single Brazilian citizen who's over 18 years old; all Brazilian citizens over 16 years old are also allowed to vote.

### **Economic aspects:**

The Gross Domestic Product (GDP) in Brazil was worth 2245.67 billion US dollars in 2013. It is Latin America's biggest economy. It has well developed sectors in the area of agriculture, industry, commerce and jobs. Agriculture is distinguished by the coffee production, soy, rice, meat, sugar cane, citric, cocoa. Its industrial park is distinguished by the production of chemical, shoes, clothes, cement, iron, steel, airplanes, engines and automobiles, buses, machines, implements and equipment.

Information (data, pictures, and links) about Brazil can be found on the website of [IBGE](#) (Brazilian Institute of Geography and Statistics), the responsible agency on demographic surveys in the country.

## Regions:

Brazil is divided into five large regions according to geographic features and inter-related economic factors.

1. North region, which consists of the states of Amazonas, Acre, Pará, Rondônia, Amapá, Roraima and Tocantins. It is the largest and least inhabited state: it is home to the largest rain forest in the world, the Amazon



Forest that comprises almost 60% of Brazil's territory. The Amazon region has the greatest variety of fauna and flora in the world. There are more than 2,000 species of fish alone; many of them are still not classified by science. Almost half of the world's total 8,600 species of birds are to be found there, with 319 different kinds of hummingbirds alone. The region contains 1/3 of the world's natural forest, and some 1,000 different species of trees and plants have already been identified and classified.

2. Northeast region consists of Maranhão, Piauí, Ceará, Rio Grande do Norte, Paraíba, Pernambuco, Alagoas, Sergipe and Bahia states. It is more populated than the North state. It is a partially affected zone by seasonal droughts. It usually suffers of water shortage that lasts for many consecutive months what makes this state a quite poor one with unfertile soil to plant and to raise cattle.

3. The Southeast consists of Minas Gerais, São Paulo, Espírito Santo and Rio de Janeiro states. It is the richest and most densely populated region of the country. Two of the cities in this region, Rio de Janeiro and São Paulo, are the most important industrial and financial centres of Brazil. It is also the place where the main media groups (Nationwide television channels as Rede Globo, SBT and Bandeirantes) are located.

4. South region consists of Paraná, Santa Catarina and **Rio Grande do Sul** states. It is the coldest region and consists of plateau in which European settlers, mostly Germans and Italians, developed agriculture and cattle raising. So its population is distinguished from the rest of Brazil because of its European descent. According to IBGE's data, the South region was elected with the greatest quality of life and the highest life expectancy throughout Brazil: 72 years old.

5. Central-West region consists of Goiás, Mato Grosso, Mato Grosso do Sul and the Federal District states where Brasília, the nation's capital is located. It has wide-open horizons, and the majority of it is covered with a savannah type of vegetation called "cerrado". Further Southwest is the Pantanal, a plain periodically flooded by the Paraguary River.

### Land Forms:

The country does not present wide extremes of topographical variation; most of its territory is less than 500 m (78%) above sea level, distributed over elevated plateaus, low plains and extensive basins. The highest point is Neblina Peak in the Imeri mountain range, with 3,014 meters. Mountain ranges run along the southeast coast and other parts of the south and central west.

Elevations:	% of total area:
0 - 200 m	41.0
201 - 800 m	51.7
801 - 1200 m	6.8
Above 1200 m	0.5

### Rivers:

The river system in Brazil is one of the most extensive in the world. The three most important rivers are: the Amazon, the São Francisco, and the Paraná- Paraguay- Uruguay. The Amazon and its tributaries serve as natural ways of transportation for the inhabitants of the North region. The "river of national unity", the São Francisco, helps to integrate different regions in the hot and dry Northeast; it is equally as important as a mean of transportation and irrigation for the region.

### Cities:

**Brasília**, there is no other city in the world quite like it: it represents a completely new urban concept. Brasília is Brazil's capital and was inaugurated in 1960. Its public buildings display daring lines, and some of its palaces are known worldwide for their light and elegant design. As the seat of the Brazilian government, it houses administrative agencies and also the diplomatic corps. It is located in the central plateau, 1150 km from Rio de Janeiro, and has a population of nearly 2.570.160 inhabitants.



**São Paulo** is Brazil's largest city and its importance to the Brazilian economy is unparalleled. It was founded in 1554 and it is now a sprawling metropolis with over 11 million inhabitants, included all cities part of the greater São Paulo, whose different origins (European, Oriental, Arabic, etc.) have contributed to its distinctive characteristics. In some respects, it resembles Chicago, with skyscrapers dominating the centre of the city and elegant suburbs in the outskirts. São Paulo is a large industrial centre accounting for half of the Brazilian industrial production.



Brazil's second largest city is **Rio de Janeiro**, which is inhabited by about 6,3 million people including the cities that compose the greater Rio de Janeiro. It is the biggest tourist centre as well as one of the most active cultural centres in the country. It used to be Brazil's capital until the inauguration of Brasília in the 60's. People from

Rio are called "cariocas" and they're known by their enthusiasm for samba, carnival and soccer. Rio de Janeiro is called "cidade maravilhosa" (marvellous city).

**Belo Horizonte** is the capital of the State of Minas Gerais. It is situated right in the midst of a region of great mineral wealth. Several cities, like Ouro Preto and Sabará, where the greatest repositories of baroque art and colonial architecture in the country can be found, are within short driving distances.



**Recife** is the capital of the State of Pernambuco. It has 1.537.704 inhabitants including the cities that are part of greater Recife. Recife's architecture has some Dutch influence as the city was the Dutch head quarter during sugar cane cycle, in the 18<sup>th</sup> century being therefore the capital of "Dutch Brazil" for a couple of years. Many of its churches date back to the eighteenth century and, nearby Recife, there is a city called Olinda, which is one of the most genuine and typical examples of towns from the colonial times in Brazil. UNESCO named Olinda as part of the cultural heritage of mankind.

**Porto Alegre** is the capital of the State of Rio Grande do Sul. It has 1.409.351 inhabitants and it's mostly dedicated to cattle raising and agriculture. From the 70's on it has also developed and enhanced a large industrial complex. Porto Alegre itself is a very urbanized city where big enterprises and industries are settled. It became worldwide famous after it hosted the FIRST WORLD SOCIAL FORUM in 2001 and then it was back in year 2003 and 2005.



**Salvador**, the capital of Bahia State, has a population of 2.675.656 inhabitants. The city is divided into two distinct levels: "The Lower City", a banking and commercial centre close to the harbour; and "The Upper City" which can be reached by several ramps and uphill streets, is famous for its great number of baroque churches (about three hundred).

**Manaus**, capital of Amazonas State, has a population of 1.802.014 inhabitants. It is located right in the jungle by Rio Amazonas confluence with Rio Negro. It provides an example of how to reconcile a comfortable way of life with the exoticism and mystery of Rio Amazonas and inside world's biggest rainforest.



## Climate:

Due to its large size and geographical position (four-fifths of the nation lies between the Equator and Tropic of Capricorn lines), five different types of climate are found in the country:

**Equatorial** – Hot and rainy (Roraima, Amapá, part of Amazonas and Pará States). It is hot through the whole year, with small annual thermal variations. The average temperature is 24° C and the difference between the coldest and the hottest months is less than 2° C. The rainfall index is very high because of the Amazon is in this area.

**Semi-arid** – Hot, dry with rain shortage. The Northeast has a semi-arid climate, with long dry seasons and low rainfall index variations during the whole year; the average temperature in this region is usually over 26° C. As the temperature varies slightly and the rain falls only during certain periods, the seasons are defined according to its *humidity* - the rainy and the dry season. The rainy season is often sporadic - alternating during winter and summer times. Occasionally it doesn't rain at all and severe droughts take over this area.

**Tropical** – Hot, rainy during summer and dry during winter. In the Central part of the country, the climate is tropical with clearly defined characteristics. There, one finds a dry season (average temperature superior to 22° C) and a rainy season.

**Altitude tropical** – The same as tropical but lower temperatures during winter; mild throughout the year.

**Sub-tropical** - warm and rainy summer, cold and dry winter with the 4 well distinguished seasons. The subtropical climate is found in South Brazil, where the average temperature is around 20° C. Winter is the coldest one with temperatures going even to negatives degrees Celsius (uphill region); occasionally it even snows.

## Population:

Brazilian population is a mixture of many different races. Portuguese colonizers mixed with the native Indians and African slaves (mostly of Yorubá and Quimbundu origin, corresponding to modern-day Nigeria/Benin and Angola). Dutch and French colonization also took place in the Northeast. In the 19th century, German, Italian, Polish and Japanese immigrants added new elements to the mixture. Brazilians are perhaps one of the most racially diverse people in the world.



Brazil ranks among the most populous countries in the world (195 million inhabitants), representing almost 50% of the total South American population. The greatest population densities occur in the Southeast (42%), Northeast (28%) and South (15%).

**Time:**

Brazil is crossed by four time zones. The first, and least important, encompasses only the Atlantic islands and is two hours before Greenwich Mean Time - GMT - in London. The second zone is the most important one because it encompasses most of the country, i.e., the South, the Southeast, the Northeast and parts of the North and Central-West regions; it is three hours earlier than GMT (or -3 GMT). The third comprises most of the North and Central-West regions; it is -4 GMT. The last time zone covers only the western tip of Brazil (the State of Acre and part of the State of Amazonas) is -5 GMT. During the summer, daylight savings time goes into effect, and clocks move forward one hour down South, Southeast and Central-Western Regions summing up the States of Tocantins and Bahia.

**Language & Religions:**

Portuguese is Brazil's first official language, but Brazilian Portuguese has a distinct accent and intonation from the Portuguese spoken in Portugal and in other former Portuguese colonies, especially because of Spanish, German, Italian and Indian influence. Some people suggest Brazil to officialise the language called "Brazilian" as it became quite different from its mother tongue much in the same way as the American English is quite different from the British.

Catholicism is Brazil's largest religion, but a number of creed and faiths are practiced in the country. Protestants, Jews, Evangelical Christians and spiritualized religions from African origin like Macumba, Candomblé and Umbanda are all present here.

**Education:**

Brazilian educational system lasts for 11 years of compulsory school- 8 years of Primary/elementary School and 3 years of high school.

In order to enter the universities, students have to pass a mandatory admission exam. The leading universities have diversified scientific and technological research programs. The creation of data processing centres has increased the spread of technological development. School year begins in mid-February or early March and ends up in December. There are two vacation periods: summer (part of December, January and February) and mid-term (July).

# Rio Grande do Sul

All our exchangees will be placed in the city of Porto Alegre, in the Rio Grande do Sul, the southern state of Brazil. That means they will be a lot closer to Argentina and Uruguay than to the Amazon Forest, even in terms of culture.

We are aware of the fact that very little information is available about Rio Grande do Sul in means of communication, especially in English. Therefore we have gathered some information, so you can get to know a little more about the place you are coming to.

**Geographical Information:** Area: 282,184 square km  
 Limits: N - State of Santa Catarina  
 S - Uruguay  
 W-Argentina  
 E -Atlantic Ocean



*The state flag of Rio Grande do Sul*

**Economy:** leather goods, agriculture, livestock, wine, fishing, furniture, mixed industry, steel, automobile industry

**Climate:** subtropical; from -2° C in winter to 42° C in summer. The seasons here are distinct. The summer period (from November to April) is very hot, spring and autumn are mild and winter can get quite cold. During the winter, the plains are constantly swept by a cold wind called "Minuano". Snow can even be seen in the mountains sometimes, and frost leads to a very ordinary landscape during this period throughout the state so, do not forget to bring your sweaters!

**General information about the state:** One of the symbols of Rio Grande do Sul is the chimarrão. Chimarrão is a bitter hot tea (with a taste similar to green tea) prepared in a gourd and sipped through a metal straw. To drink chimarrão is a traditional habit from this region and it is very usual among all the ages, as can be to have a tea for English people. Another symbol is churrasco, the typical barbecue.

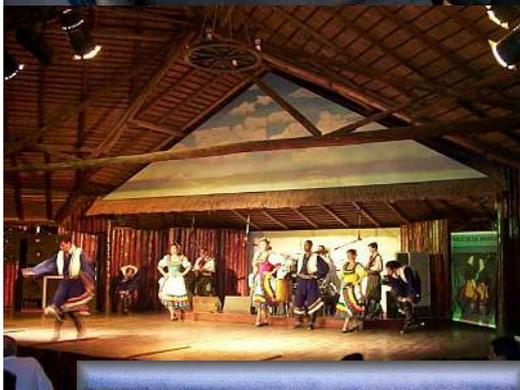


Gaúchos is the name of the inhabitants of the Region, originated from a mixture of peoples: natives (Indians), Portuguese, Spanish, African, German, Italian, Polish, Russian, Ukrainians, Jewish, all colonizers that came to occupy the land. In particular, in the region there are a lot of Italian and German descendents. Many associations and movement try to maintain Gaúchian traditions and it is not uncommon to see people dressing the traditional customs in the cities or riding horses in the countryside.

Rio Grande do Sul is a state that little resembles the stereotype of "Brazil" with the warm, green waters of the ocean lapping upon sandy beaches lined with palm trees. Instead, the shoreline here is very long and straight (one of the world's longest one) and it is dotted by intriguing lagoons. The sea can be dark and rough, but the beach of Torres offers an exception where you can stare down upon a greener sea from the top of magnificent cliffs. The State is very green and with beautiful mountain regions.



Although, you will not find a sprawling rain forest here, and the Indians are few and "civilized" in their majority. As you will learn more and more, there are several "Brazils" inside Brazil, but we as *Brazilians* have commonalities. We share the same problems and other social difficulties, the same common background and history, the same language, as well as our love to celebrate Carnival and to dance samba. For those reasons and many more, we think you will find many ways to make your exchange wonderful and meaningful.



*International volunteers meet Brazilian Gauchos*

# Porto Alegre



Portuguese settlers from the “Açores Islands” founded Porto Alegre in the 18th century (March, 26<sup>th</sup> 1772). It is the capital of Rio Grande do Sul, the southeast state of Brazil. The city has a population of around 1.500.000 inhabitants. Its geographical location places Porto Alegre at the business center of the MERCOSUL- Southern Common Market – which is formed by Brazil, Argentina, Uruguay and Paraguay.

Porto Alegre is one of the country greenest cities. There are trees and plants everywhere what make the city a reference point concerning environmental policy. For that reason Porto Alegre is called the environmental capital of MERCOSUL.

Porto Alegre is also a multiracial city. Representatives of many ethnic groups like Germans, Italians, Arabians, Jews, Portuguese and Africans among others, live in harmony here. There is a real mixture of habits, costumes and culinary tastes that make the city life more interesting.



The city of Porto Alegre is located in the east part of the state, at the margins of Rio Guaíba and Lagoa dos Patos - the bigger lake (of non salty water) in the world. Its Metropolitan Region has 23 cities, and around 3,5 million inhabitants.

Porto Alegre has many labels, which make it special in Brazil:

- The capital with the second best Human Development Index;
- Cultural capital of Mercosul;
- The city with more trees, proportional to its size, having 700 gardens, two biological areas of protection, and 7 parks;
- The bigger rural area among Brazilian capitals;



- The city has two soccer teams - Internacional and Grêmio, members of the 13 League - that congregates the 13 most important Brazilian teams. In June 2014, Porto Alegre was one of the host cities of the FIFA World Cup 2014.

- Porto Alegre's sunset is famous, being described by locals as one of the most gorgeous ones in the world

Below, there is a list of prices of some transport services and goods in Porto Alegre:

Bus fare	R\$ 3,75
plane ticket Porto Alegre/Rio de Janeiro	R\$ 280/700
Loaf of bread	R\$ 3,00
Litre of milk	R\$ 2.50
Chocolate bar	R\$ 5.00
Hamburger	R\$ 10.00
Cheap meal (steak, rice, beans, fries, egg)	R\$ 15.00
Soda can	R\$ 3.00
Beer can (Pub)	R\$ 5.00
Movies (cinema) ticket	R\$ 8.00 / 18.00
Pair of Jeans	R\$ 70.00
Tennis shoes	R\$ 90.00
Entrance in a music bar	R\$ 8.00 / 30.00

# INFORMATION ABOUT THE PROGRAM

## **Volunteers Host situation**

All the exchanges will live in a Host Family selected by ICYE Brasil. Due to a great cultural, social and ethnic diversity of Brazil, it's quite hard to classify what would be a typical Brazilian family. But if we think on the fact of hosting a young foreigner, then this family is already quite special.

The family will provide you food: meals may not be in groups due to the host family's routine, so that maybe you will be asked to cook your own food. Volunteers should offer help with the housework as washing the dishes, doing the laundry, cleaning the bedroom, etc. The host family is not a Hotel: sharing the housework is also a proof of interest and adaptation on our local culture!

As the Brazilian host families are normally volunteers, they are people who are really interested in exchanging their culture with someone and getting deeper into this intercultural experience without receiving any money. They open their homes to someone from another country, so ICYE Brasil expect volunteers to take the first step and follow the rules and routines of the house.

The families normally agree to host for an initial period (some weeks) and, in case the experience is going well from both sides, they accept to continue it. Anyway, it can happen that the volunteers have to change the host family.

## **Some important advices about family in Brazil**

Brazilian people and families are normally very hospitable in the beginning of the host situation. They are going to do as much as possible to make you feel at ease, comfortable and protected. Although, after your first 2 or 3 months of adaptation you will realize you will be treated as real member of the family with duties and obligations. Brazilian families sometimes might say yes when they really want to say no. They might do it in order not to hurt your feelings. Try to analyze and differentiate when they say yes just to be polite.

Some families sometimes do not state their anger in talking to volunteer about things that might be bothering them. So, make sure you get used to talking to them and, therefore, get their confidence in order to have an open chat whenever it's needed, especially when you notice things aren't going in the way they should.

Always inform the family where you are or where will you be, especially at nighttime, and if you are planning to do some short travelling.

## ***Brazilian Youth***

Usually Mid class youngsters work part time (morning/ afternoon shift) and study during the night shift. On the weekends they usually go out to pubs or even nightclubs for dancing. Once you're over 18 years old you're allowed by law to attend these kinds of places.

As all around the world, there are some youngsters who take drugs. Yet law in Brazil prohibits the use of DRUGS such as marijuana, cocaine, crack, heroine, ecstasy, LSD. No Volunteer is allowed to take any type of drugs, In case they do it so, apart from be immediately expelled from our program, you might go to jail.

### **Brazilian Meals**

Breakfast – Usually light meals (bread, butter, coffee, milk, fruit, etc)

Lunchtime – Hot meals (rice, beans, meat, salad, etc)

Dinner – Usually a snack, or pizza, or light meals.

There are some families that prefer having hot meals for dinner instead of the ones for lunchtime (but that is not really common). Most of the dinners do not happen in groups, so the exchangees could cook for themselves.

You will have breakfast, dinner at home, while lunch you will normally have lunch and coffee-breaks at your social project, with the kids and educators. During the weekends, you will be able to have all your meals at home.

### **Volunteer schedule**

You will normally work at your social project about 35 hours a week, from Monday to Friday, from 8AM/9AM to 4PM/5PM. Your social project will pass you the time the work will start and finish. The weekends are free.

Anyway, the project is flexible, so if you have to work on Saturday or if you need some free time (for example to do a short trip with your host family), you can ask to have free days.

## **LONG TERM PROGRAM – 6 or 12 MONTHS**

### **Starting dates of the program**

In 2017, the programme for 6 or 12 months volunteers will start in August the 5<sup>th</sup>, which means all exchangees can arrive the 3<sup>rd</sup> or 4<sup>th</sup> and must be here **by the 5<sup>th</sup> August!**

Late arrivals will be subjected to pay an extra fee of EUR 50.

There will be another starting date in March 2018 (exact date not set yet): in this case, we prefer to receive 6 months volunteers.

### **Camps**

At your arrival in Brazil, you will participate in our **Arrival Camp**: it means that you will pass a minimum of 5 days with ABIC staff and the other exchanges that arrived together with you.

During this time, important information will be passed to you, about the life, culture and security in Brazil, about your work at the social project, your course at the university and your new life in the host family. Moreover, we will have a touristic trip in the city of Porto Alegre and go together to the Federal Police to get your visa, to the University to have your language level test and to know your work placement; you will receive all the support to get your Brazilian document such as Student Card, CPF document, sim card.

After the camp, you will start your 30 hours **Portuguese course** at the Federal University of Rio Grande do Sul (UFRGS), one of the best Universities in Latin America.

In December there will be a two-days meeting: for the 12 months volunteers, it will be the **Mid-term Evaluation**, with mean to evaluate the first period of the exchange, try to solve possible problems and to plan the rest of the period.

For the 6 months volunteers, it will be the **Final Evaluation**, before their holiday period. The 12 months volunteer will have their Final Evaluation in July.

### **Pocket money**

At the beginning of every month, you will have a meeting with your ICYE mentor at the office, in order to have an informal talking, a feedback of your situation and to receive your pocket money (about 30 Euros) and the transportation reimbursement of what you spend to go to the social project and to the University.

### **Holidays**

For the 12 months exchanges starting in August, holiday will be in the summer time, to be decided together with the volunteer preferences, ABIC/ICYE Brasil suggestion and according to the social project needs; anyway, normally volunteers take about 5/6 weeks holiday, between Christmas and Carnaval.

For the 6 months volunteer starting in August, holiday period will also be in summer time, so about 3 weeks at the end of the exchange.

For the 6 months volunteers starting in March the holidays will be at the end of the exchange in Brazilian winter (August/September).

## **USEFUL MATERIAL**

### **Things that you have to do in advance:**

- Select a smiling picture of you (can also be with your family, your friend, in your town...) to send to your local ICYE Comité.
- Prepare a “motivational letter” describing yourself and what you like to do in your spare time; this letter will help to choose your future host family in Brazil too.
- Check with your local ICYE Committee which other documents you will need to send them, also in order to start the visa process.
- Check at your bank if you will be able to withdraw money in Brazilian banks
- It would be nice to enter in contact by e-mail with your host family here in Brazil, when you receive their contact from ICYE Brasil

### **Things you have to bring along with you:**

- Bring typical things from your country to be shown at our On-Arrival meeting and that you can share or give to your host family and friends you might make in here. You might want to bring photos from your family, friends and the place where you are living because host families and projects might be very pleased to see them and to get an impression about where you come from.
- Search for information about social volunteering activities in your own country and bring information about NGO's in your country.
- Bring some money for personal expenses, travelling, cultural activities, for paying your visa costs and language material as well.

### **How to proceed:**

Send to your ICYE Committee all the documents they ask for.

Soon you will receive soon a “Visa Package” with the Brazilian documents to start the visa process at the Brazilian Consulate in your country (please ask to your organization for information about the visa process).

Later you will receive information about your social project, your host family and also a Welcome Letter with more information about your Arrival.

***Please do not forget to read, sign and send to your Committee the Program Rules at the end of this document.***

If there is still any further information you may want to know, don't hesitate in getting in touch with us at: [receptivo@icye.org.br](mailto:receptivo@icye.org.br)

We hope to have shown you a little bit about what's Brazil like and also have made you become more curious and excited to get to know this wonderful country! Now it's time to pack your stuff, get yourself ready and come over!!

Warmest regards,

ICYE BRASIL STAFF and Board of Managers

# ICYE BRASIL

## Long Term Program Rules

Revised on October 2016

Please read carefully the following rules for participation in the Long term Program, sign, and send it to your sending committee:

### 1. General Rules

- 1.1. I will accept the host placement and volunteer work placement that ICYE BRASIL offers me.
- 1.2. I am free to use my free time as I prefer, as long as it doesn't interfere in my voluntary work or in my relationship with my host family.
- 1.3. I'm aware that I cannot use any drugs.
- 1.4. I know that I cannot get emotionally involved with any of the participants, educators and colleagues at the work placement, nor with a member of the host family, nor with ICYE BRASIL's staff and co-workers; in case it happens, I am aware I could be expelled from the program.
- 1.5. I will not be allowed to have a paid job.
- 1.6. I understand that medical insurance is my responsibility and compulsory to come to Brazil and it will expire at the end of my program and ICYE BRASIL will be exempted of any obligations towards me from that time onwards.
- 1.7. I'm aware that I will be responsible for my own plane ticket and entry-exit card during my exchange program.
- 1.8. I'm aware that I can't leave the country during my program without ICYE BRASIL authorization.
- 1.9. I'm aware that I am the only responsible for all the documents and costs regarding the Visa process and ICYE BRASIL will only give me the necessary information about it.
- 1.10. ICYE BRASIL will help me to get a pre-paid mobile phone for me to use for communication with the organization, the host family and the social project.
- 1.11. I'm aware that, for safety reasons, I'm not allowed to drive in Brazil during the program even that I have an international license to drive. In case I do it, I might be expelled from the program.
- 1.12. I will do my best to maintain regular communication with the contact person in ICYE BRASIL.
- 1.13. I'm aware that ICYE BRASIL is responsible for me during my program in Brazil, and this gives to ICYE BRASIL the authority to expel me from my program anytime if I violate any of its rules.
  - 1.13.1. ICYE BRASIL might give me formal warnings if I violate these rules of the program.
  - 1.13.2. If I have more than two warnings, I'll have to leave the program and come back to my home country.
  - 1.13.3. The warnings do not avoid ICYE BRASIL to expel me from the program anytime it judges necessary.

### 2. Accommodation

- 2.1. I'm aware that the only option of accommodation is host family: the idea is to be a "new member" of the family, and not simply a "host".
- 2.2. I will respect the members of my host family and I will do my best in adapting to the rules, new food and to a new life-style, even if they may be very different from my own.
- 2.3. I will pay for all my telephone calls or broken things at home.
- 2.4. I accept that my programme is linked to my stay in the metropolitan area of Porto Alegre and that I am not allowed, by any chance, to live in another city outside this limited area during the development of my activities.
- 2.5. I'm aware that during my program, occasionally, I might have to change family.
- 2.6. I'm aware that any family change requested by me will be analyzed and might be denied by ICYE BRASIL.

### 3. Voluntary work at Social Project

- 3.1. I commit myself to remain at the volunteer work placement arranged by ICYE BRASIL and I will do my best to develop a good voluntary work according to my skills and the work placement's needs.
- 3.2. I accept that I cannot be away from my activities unless it has been pre-approved by ICYE BRASIL and the social project.
- 3.3. I'm aware that I must respect the project internal rules that will be provided to me on my first days of work.
- 3.4. I'm aware that I must inform my work placement of any problems such as absences or delays that might occur.

**4. Transportation**

- 4.1. ICYE BRASIL is responsible for picking me up at the Airport on my arrival in Porto Alegre, as long as I send my flight information at least 48 hours before my arrival, otherwise ICYE BRASIL will not be responsible for my pick up.
- 4.2. ICYE BRASIL will suggest a specific way to go from my host placement to my project (normally public bus or by foot), and it is responsible for its costs.
- 4.3. I'm aware that if I decide to take a different kind of transportation than the one suggested by ICYE BRASIL, it must be pre-approved, otherwise I will be responsible for its costs.
- 4.4. I'm aware that ICYE BRASIL is only responsible for the transportation costs between Home-Project-Home and home-Portuguese course-home, such as for the transportation costs of evaluation camps or meetings requested or approved by ICYE BRASIL; it is not responsible for any costs with transportation on my free time.
- 4.5. I'm aware that the payment of transportation money depends on the presentation of the "Transportation Presence Sheet" that must be signed by my project coordinator, as a proof that I really was to the project on that period.
- 4.6. I accept that my transportation money will only be given to me according to the period of stay in the programme. In case of dissolution of contract and/or early return the transportation money will be calculated and given proportionally until the last day of activities done in the program.
- 4.7. I'm aware that ICYE BRASIL is not responsible for dropping me off at the airport or for its costs.

**5. Portuguese classes and extra activities**

- 5.1. I'm aware that my program offers a 30h Portuguese course and that I have to arrange with ICYE BRASIL to take it on the first two months in order to help with the communication in the project.
- 5.2. If I decide to take extra Portuguese classes, I have to communicate to ICYE BRASIL mentor to be approved and if approved, I will be responsible for its costs.
- 5.3. ICYE BRASIL can also provide me the information for extra activities such as Brazilian dances, music and capoeira.

**6. Pocket Money**

- 6.1. I'm aware that the pocket money offered by ICYE Brasil is according to the ICYE Conditions and it will be paid between 10<sup>th</sup> and 15<sup>th</sup> of each month. Every month, my mentor at the office will communicate day, place and time in which I will receive the pocket money.

I have read, understood and I accept the above-mentioned rules, being aware that if I do not follow the regulations I shall be expelled of this program.

Full Name (in capital letters): .....

Home country: .....

Place and Date: .....

Signature: .....