November 2006

Dear Winter Travel Student:

Congratulations on being accepted into FIT’s Summer Abroad Course in Brazil. We are looking forward to your participation and we are certain that you are excited about what lies ahead. This will be a growing experience for you. You are about to become an international student – one of the thousands who study and travel each summer.

Please read this booklet in its entirety. We have included some information that we believe is essential for a positive experience. You are preparing for a new and enriching experience in a country whose culture is different from yours and one that will take time and work to understand and appreciate.

When you travel abroad, the odds are in your favor that you will have a safe and incident-free trip. However, crimes as well as unexpected difficulties do happen in all parts of the world. It is important that you plan for your personal safety and that of your belongings.

Safety begins when you pack. To avoid being a target, dress conservatively. Do not wear expensive looking jewelry. A flashy wardrobe or one that is too casual can mark you as a tourist or an “affluent” American.

Travel light! You can move more quickly and will be more likely to have a free hand. You will also be less tired and less likely to set your luggage down, leaving it unattended. Carry the minimum amount of valuables necessary for your trip and plan how you will conceal them.

Because of the current international situation, it is most important that you make a special effort to stay in close communication with your course professor. If you do not have ‘friends’ already in your class, make a special effort to develop a small group. We cannot emphasize enough the importance of a ‘buddy’ system to ease communication among the students and for you, should there be times of personal stress.

Rio De Janiero is a fascinating city. Read as much as you can before your departure. Enjoy your work, the museums, the beaches, the shops. You will remember this experience for the rest of your life, so make the best of it.

We wish you a safe and wonderful journey!

Georgianna Appignani
Director – International Programs
IN492
WINTER
Prof. Yanez

Travel Agent: E.E.I.
19021-120th Ave NE, Suite 102
Bothell, WA 98011
1-800- 565-7236 extension 381
Fax: 206 374-8186
www.europeexpress.com
Ellen.Hecht@europeexpress.com

Tuesday, January 2
   2:25 pm     Depart JFK, American Airlines flight 2665
   5:35 pm     Arrive Miami
   8:35 pm     Depart Miami, American Airlines flight 2919

Wednesday, January 3
   8:05 am     Arrive Rio de Janeiro
       Escorted to Mar Palace Copacabana Hotel
Av. Nossa Senhora de Copacabana, 552 – Siqueira Campos Street Corner
Rio de Janeiro, Brazil – CEP 22020-000
Tel: 55 21 2132-1500
Fax: 55 21 2132-1506
E-mail: marpalace@hotelmarpalace.com.br
Continental Breakfast daily

Inaugurated in December 2003, The Hotel Mar Palace Copacabana is an elegant beach hotel perfectly
located in the middle of world famous Copacabana Beach. The Mar Palace Copacabana Hotel is located
next to Copacabana’s commercial area, next to the metro station Siqueira Campos and 50 m from the
beach, where there is always something new happening with people from all over the world.

Thursday, January 4
   9:00 am     Depart for full-day of sightseeing to Corcovado & Sugarloaf with city orientation
                included.
                BBQ lunch included

Friday, January 19
   5:00 pm     pickup private coach to airport
   8:25 pm     Depart Rio de Janeiro on American Airlines flight 950
   6:08 am     Arrive JFK
Brazil

**Geography**
Area: 8,511,965 sq. km. (3,290,000 sq. mi.); slightly smaller than the U.S.
Cities: *Capital*--Brasilia (pop. 2.3 million). *Other cities*--Sao Paulo (10.8 million), Rio de Janeiro (6.1 million), Belo Horizonte (2.4 million), Salvador (2.6 million), Fortaleza (2.3 million), Recife (1.5 million), Porto Alegre (1.4 million), Curitiba (1.7 million).
Terrain: Dense forests in northern regions including Amazon Basin; semi-arid along northeast coast; mountains, hills, and rolling plains in the southwest, including Mato Grosso; and coastal lowland.
Climate: Mostly tropical or semi-tropical with temperate zone in the south.

**People**
Nationality: Brazilian.
Population (2005 est.): 186 million.
Annual growth rate: 1.1%.
Ethnic groups: Portuguese, Italian, German, Spanish, Japanese, Arab, African, and indigenous people.
Religion: Roman Catholic (74%).
Language: Portuguese.
Education: *Literacy*--86% of adult population.
Health: *Infant mortality rate*--27.5/1,000. *Life expectancy*--71.3 yrs.
Work force: 90.4 million.

**Economy** (2005)
GDP: $619.7 billion (official exchange rate).
GDP: $1.579 trillion (purchasing power parity).
Annual real growth: 2.3%.
Per capita GDP: $8,400 (purchasing power parity).
Natural resources: Iron ore, manganese, bauxite, nickel, uranium, gemstones, oil, wood, and aluminum. Brazil has 14% of the world's renewable fresh water.
Agriculture (10% of GDP): *Products*--coffee, soybeans, sugarcane, cocoa, rice, livestock, corn, oranges, cotton, wheat, and tobacco.
Industry (39% of GDP): *Types*--steel, commercial aircraft, chemicals, petrochemicals, footwear, machinery, motors, vehicles, auto parts, consumer durables, cement, and lumber.
Services (51% of GDP): *Types*--mail, telecommunications, banking, energy, commerce, and computing.

**PEOPLE AND HISTORY**
With its estimated 186 million inhabitants, Brazil has the largest population in Latin America and ranks fifth in the world. The majority of people live in the south-central area, which includes the industrial cities of Sao Paulo, Rio de Janeiro, and Belo Horizonte. Urban growth has been rapid; by 2005, 81% of the total population was living in urban areas. This growth has aided
economic development but also has created serious social, security, environmental, and political problems for major cities.

Six major groups make up the Brazilian population: the Portuguese, who colonized Brazil in the 16th century; Africans brought to Brazil as slaves; various other European, Middle Eastern, and Asian immigrant groups who have settled in Brazil since the mid-19th century; and indigenous peoples of Tupi and Guarani language stock. Intermarriage between the Portuguese and indigenous people or slaves was common. Although the major European ethnic stock of Brazil was originally Portuguese, subsequent waves of immigration have contributed to a diverse ethnic and cultural heritage.

From 1875 until 1960, about 5 million Europeans immigrated to Brazil, settling mainly in the four southern states of Sao Paulo, Parana, Santa Catarina, and Rio Grande de Sul. Immigrants have come mainly from Italy, Germany, Spain, Japan, Poland, and the Middle East. The largest Japanese community outside Japan is in Sao Paulo. Despite class distinctions, national identity is strong, and racial friction is a relatively new phenomenon. Indigenous full-blooded Indians, located mainly in the northern and western border regions and in the upper Amazon Basin, constitute less than 1% of the population. Their numbers are declining as contact with the outside world and commercial expansion into the interior increase. Brazilian Government programs to establish reservations and to provide other forms of assistance have existed for years but are controversial and often ineffective.

Brazil is the only Portuguese-speaking nation in the Americas. About three quarters of all Brazilians belong to the Roman Catholic Church; most others are Protestant, members of a growing evangelical movement, or follow practices derived from African religions.

Pedro Alvares Cabral claimed Brazil for Portugal in 1500. The colony was ruled from Lisbon until 1808, when Dom Joao VI and the rest of the Portuguese royal family fled from Napoleon's army, and established its seat of government in Rio de Janeiro. Dom Joao VI returned to Portugal in 1821. His son declared Brazil's independence on September 7, 1822, and became emperor with the title of Dom Pedro I. His son, Dom Pedro II, ruled from 1831 to 1889, when a federal republic was established in a coup led by Deodoro da Fonseca, Marshal of the Army. Slavery had been abolished a year earlier by the Regent Princess Isabel while Dom Pedro II was in Europe.

From 1889 to 1930, the government was a constitutional republic, with the presidency alternating between the dominant states of Sao Paulo and Minas Gerais. This period ended with a military coup that placed Getulio Vargas, a civilian, in the presidency; Vargas remained as dictator until 1945. Between 1945 and 1961, Jose Linhares, Gaspar Dutra, Vargas himself, Cafe Filho, Carlos Luz, Nereu Ramos, Juscelino Kubitschek, and Janio Quadros were elected presidents. When Quadros resigned in 1961, Vice President Joao Goulart succeeded him.

Goulart's years in office were marked by high inflation, economic stagnation, and the increasing influence of radical political elements. The armed forces, alarmed by these developments, staged a coup on March 31, 1964. The coup leaders chose as President Humberto Castello Branco, followed by Arthur da Costa e Silva (1967-69), Emilio Garrastazu Medici (1969-74), and Ernesto Geisel (1974-79), all of whom were senior army officers. Geisel began a democratic opening that was continued by his successor, Gen. Joao Baptista de Oliveira Figueiredo (1979-
85). Figueiredo not only permitted the return of politicians exiled or banned from political activity during the 1960s and 1970s, but also allowed them to run for state and federal offices in 1982.

At the same time, an electoral college consisting of all members of congress and six delegates chosen from each state continued to choose the president. In January 1985, the Electoral College voted Tancredo Neves from the opposition Brazilian Democratic Movement Party (PMDB) into office as President. However, Neves became ill in March and died a month later. His Vice President, former Senator Jose Sarney, became President upon Neves’ death. Brazil completed its transition to a popularly elected government in 1989, when Fernando Collor de Mello won 53% of the vote in the first direct presidential election in 29 years. In 1992, a major corruption scandal led to his impeachment and ultimate resignation. Vice President Itamar Franco took his place and governed for the remainder of Collor’s term culminating in the October 3, 1994 presidential elections, when Fernando Henrique Cardoso was elected President with 54% of the vote. Cardoso took office January 1, 1995, and pursued a program of ambitious economic reform. He was re-elected in October 1998 for a second four-year term. Luiz Inacio da Silva, commonly known as Lula, was elected president in 2002, after his fourth campaign for the office.

President Lula, a former union leader, is Brazil's first working-class president. Since taking office he has taken a prudent fiscal path, warning that social reforms would take years and that Brazil had no alternative but to maintain tight fiscal austerity policies. Economic growth in 2004 and the first half of 2005 were strong with increases in employment and real wages. Growth slowed somewhat in the second half of 2005, but has accelerated in 2006.

GOVERNMENT AND POLITICAL CONDITIONS

Government
Type: Federative republic.
Independence: September 7, 1822.
Branches: Executive—president (chief of state and head of government popularly elected to no more than two 4-year terms). Legislative—Senate (81 members popularly elected to 8-year terms), Chamber of Deputies (513 members popularly elected to 4-year terms). Judicial—Supreme Federal Tribunal (11 lifetime positions appointed by the president).

Brazil is a federal republic with 26 states and a federal district. The 1988 constitution grants broad powers to the federal government, made up of executive, legislative, and judicial branches. The president holds office for four years, with the right to re-election for an additional four-year term, and appoints his own cabinet. There are 81 senators, three for each state and the Federal District, and 513 deputies. Senate terms are eight years, staggered so that two-thirds of the upper house is up for election at one time and one-third four years later. Chamber terms are four years, with elections based on a complex system of proportional representation by states. Each state is eligible for a minimum of eight seats; the largest state delegation (Sao Paulo's) is capped at 70 seats. This system is weighted in favor of geographically large but sparsely populated states.
Fifteen political parties are represented in Congress. Since it is common for politicians to switch parties, the proportion of congressional seats held by particular parties’ changes regularly. The major political parties are:

- Workers' Party (PT-center-left)
- Liberal Front Party (PFL-right)
- Brazilian Democratic Movement Party (PMDB-center)
- Brazilian Social Democratic Party (PSDB-center-left)
- Progressive Party (PP-right)
- Brazilian Labor Party (PTB-center-right)
- Liberal Party (PL-center-right)
- Brazilian Socialist Party (PSB-left)
- Popular Socialist Party (PPS-left)
- Democratic Labor Party (PDT-left)
- Communist Party of Brazil (PCdoB-left)
- Socialism and Liberty Party (PSOL-left)

President Lula was elected with the support of an alliance composed of his own leftist Workers' Party (PT), the center right Liberal Party (PL), the leftist National Mobilization Party (PMN), which currently only has two Deputies in the Chamber, the leftist Popular Socialist Party (PPS, formerly the PCB), and the leftist Communist Party of Brazil (PCdoB). The PPS as well as the large PMDB party left the PT-led governing coalition in December 2004. With these withdrawals, the coalition has a small majority in the Chamber of Deputies and a minority in the Senate.

In June 2005, a domestic political scandal surfaced which has absorbed most parliamentary attention and derailed the legislative agenda and schedule. Several senior administration and PT party officials, most notably President Lula’s Chief of Staff Jose Dirceu, stepped down in connection with corruption charges. The scandal has also led to a number of party switches by parliamentarians and at least three congressional investigations. Another congressional investigation completed in August 2006 accused 72 congresspersons, mostly from President Lula’s governing coalition, of accepting kickbacks for government purchases of ambulances. Party loyalty is weak, and deputies and senators who belong to the parties comprising the government coalition do not always vote with the government. Conversely, the government may also attract support from members who are not in the governing coalition. For example, a substantial wing of the PMDB continues to vote with the government coalition and the PMDB has ministries in Lula's cabinet.

Because of the mandatory revenue allocation to states and municipalities provided for in the 1988 constitution, Brazilian governors and mayors have exercised considerable power since 1989. Presidential, congressional, and gubernatorial elections last took place in October 2002. President Lula won the election with 61% of the vote. His challenger in the run-off was Jose Serra of the PDSB, former President Fernando Henrique Cardoso's party. Municipal elections occurred in October 2004. The next national elections, including for the presidency, will be held October 1, 2006. If no candidate receives an absolute majority of the vote, a second round will be held October 29. President Lula is seeking reelection. The frontrunner opposition candidate is former Sao Paulo state governor Geraldo Alckmin. Heloisa Helena of the PSOL party trails in third place.
Rio de Janeiro

Mention Rio to anyone and immediately the name evokes images of sultry street parades, the Sugarloaf Mountain, Corcovado Christ statue, and the 'itsy-bitsy teeny weeny' bikinis on the beach at Ipanema. The exuberant cultural capital of Brazil is tucked between the mountains and the sea and is endowed with a natural beauty that ranges from the beaches to the mountain peaks. It also contains the biggest urban forest in the world, the Tijuca Forest that was completely replanted during the second half of the 19th century.

The city throbs to the infectious beat of Brazilian music, the choro, the samba and the bossa nova, and is the main source of Brazil's national culture. Its annual carnival, known simply as Carnaval, draws together the population of the city (known as the 'Cariocas') ranging from rich to very poor who take to the streets for the world's largest samba parade on the Sambodromo.

The city is the capital of the state of Rio de Janeiro, which encompasses most of Brazil's major tourist attractions. Rio is a never-ending story made up of 150 districts each characterised by unique features, like Santa Teresa, which is reached by taking an old tram across an ancient aqueduct called Arcos da Lapa. In the central city area Rio boasts historic monuments and public buildings like the Municipal Theatre, the National Museum of Fine Art, the Itamaraty Palace, the National History Museum and the National Library. There are also beautiful examples of religious architecture such as the Sao Bento Monastery. No matter how long you spend exploring the city, it will always deliver new surprises.

To the north of the city is the Lakes region, which has more than 62 miles (100km) of beaches and sea-water lagoons and is the site of the main tourist resorts of Búzios, Cabo Frio, Arrial do Cabo, Rio das Ostras, Maricá and Saquarema.

Rio de Janeiro Basics

**Time:** Brazil spans four time zones: Rio and Sao Paulo: GMT -2 (GMT -3 April to October); Brasilia and Belém: GM -3 (GMT -2 October to March); GMT -4 in the West.

**Electricity:** Brazil has a variety of electrical voltages, sometimes within the same city; the better hotels offer 220 volts. If not, transformers are available in electrical stores. Outlets often accept a variety of plug types but the two-pin type is standard.

**Money:** The Brazilian monetary unit is the real (BRL), plural reais. There are 100 centavos to the real and notes come in denominations of 1, 5, 10, 50 and BRL100. The US dollar is also welcome in most tourist establishments. In the main cities foreign currencies and travelers checks can be exchanged at banks or cambios. There is an extensive network of ATMs in the country and most major international credit cards are accepted.

**Language:** The spoken language in Brazil is Portuguese; however Spanish and English are also widely used in the cities.
Rio de Janeiro Climate and Weather

Situated in the tropical South Atlantic, Rio de Janeiro is warm all year round. Summers, between November and March, are very hot and humid. Winters are cool and dry, never cold, with some precipitation, lasting only from June to September.

<table>
<thead>
<tr>
<th>Rio de Janeiro</th>
<th>Jan</th>
<th>Feb</th>
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<td>Rainfall (mm)</td>
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</tr>
<tr>
<td>Rainfall (inches)</td>
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<td>74</td>
</tr>
<tr>
<td>Max Temp (°F)</td>
<td>85</td>
<td>86</td>
</tr>
</tbody>
</table>

USEFUL PHONE NUMBERS

Alô Rio (Hello Rio)
Phone: 2542-8080, 2542-8004

Tourist Room
Phone: 2541-7522

Tourist Information Station
Phone: 3398-4073, 3398-4077, 3398-3034, 3398-2245, 3398-2246

Tourist Information Station - Bus Terminal
Phone: 2263-4857

Police
Phone: 190

Ambulance
Phone: 193

Fire
Phone: 193
BEACHES

Rio de Janeiro beaches are one of the major attractions of the city, both for tourists and for the native people ("cariocas"). Distant and unfrequented beaches, such as Recreio, Grumari and Prainha, have attracted many people because of their well-preserved beauty. Even though, famous beaches, such as Copacabana, Ipanema and Leblon, continue to be much visited.

Flamengo:
Extends along the park called Brigadeiro Eduardo Gomes (Aterro do Flamengo). Like all beaches of the bay (Flamengo, Botafogo, Urca and Vermelha), the sea is calm, but not recommended for bathing.

Botafogo:
It has 700 m length and it is located at the bottom of Botafogo bay.

Urca:
Small, with 100m length. It is located next to Morro da Urca.

Vermelha:
Has 243 m of yellowish and thick sand, of which scenario includes Urca and Pão de Açúcar hills.

Leme:
In fact, it is the beginning of Copacabana beach. More specifically it is an area of one kilometer only, from Leme Hill up to Princesa Isabel Avenue.

Copacabana:
It is the most famous beach in Rio with 4.15 km length. Although the sea is not always recommended for bathing, it continues to be crowded, mainly by tourists.

Arpoador:
It is the "end" of Ipanema beach. It has 500 m length and is located between Copacabana Fortress and the corner between Francisco Otaviano Street and Vieira Souto Avenue.

Ipanema:
A reference in poems, songs and books, it is the favorite place of youngsters of the south zone of Rio, with 2.2 km length.

Leblon:
It is the extension of the sand of Ipanema beach, from Jardim de Alah up to Dois Irmãos hill.

São Conrado:
Located near Gávea Stone and Bonita Stone, where hang-gliding ramps may be found.

Barra da Tijuca:
Located along Sernambetiba Avenue, up to Recreio. It is the biggest beach of the city, with 12 km length. From Ayrton Senna Avenue on, there are no sidewalks, because that is an environmental protected area.

Recreio dos Bandeirantes:
It is a bay of 2 km length, located at the end of Sernambetiba Avenue.

TOURIST ATTRACTIONS

Pão de Açúcar (Sugar Loaf Mountain)
Address: Praça General Tibúrcio - Praia Vermelha
Opened daily from 8 to 22h, with trips every 30 minutes

The summit of Rio's unique 887ft high (270m) belvedere, named Sugar Loaf because of its resemblance to the loaves of sugar used by the Portuguese colonists, can be reached by a two-stage cable car ride. The first stage takes visitors up 550ft (168m) to the Morro da Urca, where there is a restaurant,
amphitheatre, heliport and spectacular view of the Yacht Club and Botafogo Bay. The second stage takes one the rest of the way to the summit for a panoramic view of the city, and the whole of Copacabana beach.

Corcovado - Cristo Redentor (Redeemer Christ statue)
Address: Rua Cosme Velho, 513
Opened daily from 8 to 22h
Phone: (21) 285-2533

The distinctive statue of Christ the Redeemer, arms spread to welcome the world, is one of the world's best-known monuments. It rests on top of Rio de Janeiro's Corcovado Mountain, 2,330ft (710m) above the beaches below, and is accessed via a miniature train that runs from the Cosme Vehlo District through the Atlantic rainforest to the foot of the statue. The train ride offers stunning vistas of Rio, and the view from the summit is breathtaking. Spread out beneath the statue is the Tijuca Forest, resplendent with attractions to enchant visitors in the cool of the rainforest among natural pools and waterfalls. There is for example the Mayrink chapel which features murals painted by Candido Portinari, one of Brazil's best known modern artists, and the Museu do Acude, housing colonial furniture and a collection of china from the East India.

Floresta da Tijuca (Tijuca Forest)
Address: Praça Afonso Viseu.
Opened daily from 7 to 19h.
Phone: (21) 492-2253 / 492-5002

Jardim Botânico (Botanic garden)
Address: Rua Jardim Botânico, 1.008
Opened daily from 8:30h to 17:30h
Phone: (21) 2294-9349

Rio's Botanical Gardens were created in 1808 by the Prince Regent of Portugal as a temporary site for acclimating imported plants. Today it is home to some 2,600 species of plant life, particularly bromeliads and orchids. Color is added to the botanical treasures by a wealth of wildlife, such as Toucans, Tanagers, Marmoset monkeys and brilliantly-colored butterflies.

Mosteiro de São Bento (São Bento Monastery)
Address: Rua Dom Gerardo, 86 - Centro
Opened from Monday to Friday from 12 to 17h
Phone: (21) 291.7122

Parque do Flamengo (Flamengo Park)
Address: Av. Infante Dom Henrique - Aterro do Flamengo

Parque da Cidade (City Park)
Address: Estrada Santa Marinha, 505 - Gávea
Opened daily from 7 to 17:30h
Phone: (21) 2259-9295
Parque Lage (Lage Park)
Address: Rua Jardim Botânico, 414 - Jardim Botânico
Opened daily from 9h to 17h
Phone: (21) 2538 - 1879

Jardim Zoológico (Zoo)
Address: Entrada da Quinta da Boa Vista
Opened from Tuesday to Sunday from 9h to 16h30
Phone: (21) 2569 - 2024

MUSEUMS

Museu da República (Republic Museum)
Address: Rua do Catete, 179 - Flamengo
Opened from Tuesday to Sunday from 12 to 17h.
Saturday, Monday and holiday from 17 to 18h
Phone: (21) 2265.9747

Museu Nacional (National Museum)
Address: Quinta da Boa Vista - São Cristovão
Opened from Tuesday to Sunday from 12 to 16:45h
Phone: (21) 2568.8262

Museu de arte moderna - MAM (Modern Art Museum)
Address: Av. Infante Dom Henrique - Parque do Flamengo
Opened from Tuesday to Sunday from 12 to 17:30h
Phone: (21) 2210.2188

Museu da Chácara do Céu (Chácara do Céu Museum)
Address: Rua Murtinho Nobre, 93 - Santa Teresa
Opened from Monday to Friday from 14 to 17h
Phone: (21) 2232.1386

Museu Nacional de Belas Artes (Fine Arts Museum)
Address: Av. Rio Branco, 199 - Centro
Opened from Tuesday to Friday from 10 to 17:30h
Saturday and Sunday from 15 to 18h (scheduled visits).
Phone: (21) 2240.0160

Museu histórico nacional (National Historic Museum)
Address: Praça Marechal Ancora (near Praça XV de Novembro) - Centro
Opened from Tuesday to Friday from 11 to 17h.
Saturday, Sunday and holiday from 14 to 17h.
Phone: (21) 2220.2628 - 2220.5908
CULTURAL CENTERS

Casa da Cultura Laura Alvim  
Address: Av. Vieira Souto, 176 - Ipanema  
Phone: (21) 227.2444

Centro Cultural Banco do Brazil

MEDICAL FACILITIES AND HEALTH INFORMATION: Medical care is generally good, but it varies in quality, particularly in remote areas, and it may not meet U.S. standards outside the major cities. Expatriates in Brazil regularly use the Albert Einstein Hospital in Sao Paulo. The hospital phone number is (55-11) 3747-1301.

TRAFFIC SAFETY AND ROAD CONDITIONS: While in a foreign country, U.S. citizens may encounter road conditions that differ significantly from those in the United States. The information below concerning Brazil is provided for general reference only, and may not be totally accurate in a particular location or circumstance.

Road conditions in Brazil vary widely throughout the country. State roads (especially in the south) are often excellent, while federal, interstate roads (designated by ‘BR’) are often very poor due to lack of maintenance. There are occasional stretches of modern divided highway (especially in Sao Paulo State) that rival European or U.S. roads. In municipal areas, however, signs, shoulders, exits, and merge lanes tend to be haphazard. There are many potholes and surfaces are frequently uneven and bumpy. Some stretches of federal roads and rural state roads are so potholed that high-clearance vehicles are needed to traverse them. Many cities and towns have erected speed bumps, which are sometimes severe and may be unpainted and unmarked. Pedestrians, bicyclists, and horse-drawn vehicles all pose hazards and can be encountered even on major routes. Travel after dark outside city centers is not recommended because of animals and disabled vehicles. Dirt roads are the rule in remote areas. These vary widely in quality and may quickly become more dangerous, even impassable, in rainy weather. Passenger car travel can be reasonably safe in most areas if one takes into account the prevailing conditions described above and exercises due prudence and caution. Passenger-bus hijacking, usually non-violent, occurs at random in some areas of the country, more recently around Sao Paulo and the northeast of the country.

Brazil's inter-city roads are widely recognized as among the most dangerous in the world. The Federal Highway Police reported 120,000 accidents in 1998, but this is believed to be a very conservative figure. As is the case elsewhere in the region, poor driving skills, bad roads and a high density of trucks combine to make travel considerably more hazardous than in the United States. There are no laws requiring truckers to take mandatory rest stops, and they often drive for excessive periods of time. All major inter-city routes are saturated with heavy truck traffic, and for the most part have only two lanes. Road maintenance is inadequate and some long-distance roads through the Amazon forest are impassable much of the year. While the government is encouraging the development of a cargo railway network to relieve road congestion, currently there are few railroads and passenger train travel is almost nonexistent. Private cars and public buses are the main modes of inter-city road travel. Buses can range
(depending on the route and the price) from luxurious and well maintained to basic and mechanically unsound.

The Brazilian Federal Government maintains a (Portuguese language) website with up-to-date information on road conditions throughout the country (http://www.dnit.gov.br); the site also has downloadable state roadmaps. A private Brazilian company, Quatro Rodas, publishes road maps that contain local phone numbers to ascertain the current conditions of roads on the map. They are available at www.guia4rodas.com.br. Apart from toll roads, which generally have their own services, roadside assistance is available only very sporadically and informally through local private mechanics. There is a group called the "Angels of the Pavement" that provides roadside assistance on the main highway between Sao Paulo and Rio de Janeiro. The fastest way to summon assistance in an emergency anywhere in the country is to dial 193, a universal number staffed by local fire departments. This service is in Portuguese only. Many motorists in major urban areas and more developed parts of the country carry cellular phones, and can be asked to assist in calling for help.

Brazilian traffic laws impose severe penalties for a number of traffic offenses. Enforcement ranges from sporadic to non-existent, so motorists should not assume that others will necessarily follow even the most fundamental and widely accepted rules of the road. Some important local rules and customs include the following: - Seat Belts: All states have seat belt laws, but enforcement varies from state to state.

**Local Driving Customs:** Drivers often use flashes or wave a hand out of the window to signal other drivers to slow down. Drivers will often brake suddenly to slow down for the electronic speed traps mentioned above. In addition, pedestrian "zebra" crossings are strictly observed in some places (especially in Brasilia) and ignored most everywhere else.
CHECKLIST OF IMPORTANT ITEMS YOU NEED TO TAKE

1. Your passport and visa.

2. Airline ticket.

3. Two photo copies of your Passport, airline tickets, driver’s license and student visa in case yours is stolen. Put in a separate bag.

4. 1 Passport size picture

5. A valid credit card (American Express has more limitations than Visa or MasterCard). Try to find a credit card that does not charge a foreign currency conversion fee. It’s a good idea to have a credit card, just in case you need it. Make 2 photocopies of the card and leave them in a safe place in case it is lost or stolen.

6. Credit – Make a note of the credit limit on each credit card that you bring. Make certain not to charge over that amount on your trip. In some countries, Americans have been arrested for innocently exceeding their credit limit. Ask your credit card company how to report the loss of your credit card from abroad. 1-800 numbers do not work from abroad, but your company should have a number that you can call while you are overseas.

7. A bank ATM card which permits you to make cash withdrawals (Cirrus, Chase, Citibank, etc.). Get the toll free number of your bank, which permits you to call collect from Brazil so you can check on deposits or balances. You cannot get your balance from an ATM. ATMs allow you to take cash from your checking account only. Your PIN must be 4 digits—longer PINs do not work.

8. 2 copies of your U.S. Health insurance - either coverage under your parent(s) or a copy of the FIT Student Injury and Sickness Insurance plan brochure. The brochure will tell you what is covered and how to make a claim.

9. A number of Health Insurance reimbursement forms (if you are covered under a separate policy).

10. Your FIT Pre-Departure booklet.

11. Cash in Brazilian Real or travelers checks to cover your personal expenses. It is recommended that you have about $200 exchanged to Brazilian Real before your departure. (Wear a money belt). On October 1, 1 US dollar = 2.18 Brazilian Real (BRL); 1 Brazilian Real – 0.46 US Dollar

12. Copy of the serial numbers if you have Traveler’s Checks.

13. A small flashlight.

14. An umbrella!
A FEW THINGS TO BRING AND TO LEAVE BEHIND

Make two photocopies of your passport identification page, airline tickets, driver’s license and the credit cards that you plan to bring with you. Leave one photocopy of this data with family or friends at home; pack the other in a place separate from where you carry your valuables.

Leave a copy of the serial numbers of your travelers’ checks with a friend or relative at home. Carry your copy with you in a separate place and, as you cash the checks, cross them off the list.

Carry the minimum amount of valuables necessary for your trip and plan a place or places to conceal them. Your passport, cash and credit cards are most secure when locked in a hotel safe. When you have to carry them on your person, you may wish to conceal them in several places rather than putting them all in one wallet or pouch. Avoid handbags, fanny packs and outside pockets that are easy targets for thieves. Inside pockets and a sturdy shoulder bag with the strap worn across your chest are somewhat safer. One of the safest places to carry valuables is in a pouch or money belt worn under your clothing.

WHAT TO LEAVE BEHIND

☐ Anything that you would hate to lose.
☐ A copy of your travel itinerary with family and/or friends at home in case they need to contact you in an emergency.
☐ FIT’s contact information with family and/or friends.
☐ Unnecessary credit cards.
☐ Social security card, library cards, and similar items you may routinely carry in your wallet.

WHAT TO BRING

☐ Maps. It is a good idea to get maps of all the cities that you will be visiting.

PACKING

It is strongly suggested that you not bring more than one suitcase and one carry-on bag, both should have wheels. The airline will allow each passenger one piece of carry-on luggage which must be less than 45 linear inches in total (length + width + height). The checked bag must be less than 62 linear inches in total and weigh less than 70 lbs. (32kg) Check American Airline’s website for more information on size of luggage.

Put your name, address and telephone numbers inside and outside of each piece of luggage. Use covered luggage tags to avoid casual observation of your identity or nationality. If possible, lock your luggage.

You must be able to carry all of your luggage by yourself as there are very few porters available.

- Bring comfortable walking shoes
- Pack an umbrella.
- Bring clothes that you can layer.
- If you wear glasses, pack an extra pair.
YOUR HEALTH: MEDICAL PRESCRIPTIONS AND DRUGSTORE PRODUCTS

Pack in your carry-on all necessary medication or special items for the entire period of your stay. To avoid problems when passing through customs, keep medicines in their original, labeled containers. Bring copies of your prescriptions and the generic names for the drugs. If a medication is unusual or contains narcotics, carry a letter from your doctor attesting to your need to take the drug. Please have your professor aware of any drugs you are taking in case there is a health emergency.

Bring contact solutions, extra lenses, copies of prescriptions, special over-the-counter medications, allergy medicines, or anything specific to your health that you may want during your stay.
AIRPORT BAGGAGE SCREENING REGULATIONS AND PACKING

The Screening Experience
Everyone who travels by air goes through airport security checkpoints. These checkpoints are operated by Transportation Security Officers from the Transportation Security Administration.

The checkpoints are there to make sure that terrorists can’t bring anything aboard the plane that would enable them to take it over or destroy it. These are called “prohibited items” and cannot be brought to a checkpoint, into the secure area of an airport, or aboard an aircraft.

Not only do all passengers go through checkpoints, their checked baggage is also screened. This may happen out of passengers’ view depending on the physical configuration at each airport. Some of the screening equipment will be visible in the lobby while other equipment will be “behind the scenes”. Do not appear harassed or upset by any security procedures.

Carry on Luggage

Air travelers may carry liquids, gels and aerosols in their carry-on bag when going through security checkpoints. With certain exceptions for prescription and over-the-counter medicines, and other essential liquids, gels, and aerosols, the following rules apply to all liquids, gels, and aerosols you want to carry through a security checkpoint.

1. All liquids, gels and aerosols must be in three-ounce or smaller containers. Larger containers that are half-full or toothpaste tubes rolled up are not allowed. Each container must be three ounces or smaller.
2. All liquids, gels and aerosols must be placed in a single, quart-size, zip-top, clear plastic bag. Gallon size bags or bags that are not zip-top such as fold-over sandwich bags are not allowed. Each traveler can use only one, quart-size, zip-top, clear plastic bag.
3. Each traveler must remove their quart-sized plastic, zip-top bag from their carry-on and place it in a bin or on the conveyor belt for X-ray screening. X-raying separately will allow TSA security officers to more easily examine the declared items.

Travel Tips To Make Your Screening Experience Hassle-free

- The secret to getting through security smoothly is to de-clutter your carry-on bag. This lets our Transportation Security Officers get a clear, uncomplicated X-ray image of your carry-on.
- When possible, keep packing liquids in checked baggage. You will get through security faster.
- Limit quantities to what is needed for the duration of the flight.
- Take your shoes off before you reach the screening checkpoint. You are required to remove your shoes before you enter the walk-through metal detector. This includes all types of footwear. Due to the Homeland Security threat level being raised for the U.S. aviation sectors worldwide this is critical to protect the world's travelers who transit by air to and from the United States. When a Security Officer asks you to remove your shoes, please do. If you refuse, you will not be able to board your flight.
• Items purchased in the secure boarding area are for use on the immediate flight. If you must leave the secure boarding area and re-enter through the screening checkpoint, items exceeding 3 ounces that are not in the zip-top bag will again be prohibited.

**Locking your Checked Baggage:** In some cases screeners will have to open your baggage as part of the screening process. If you lock your checked luggage and TSA cannot open your checked luggage, then the locks may have to be broken. TSA suggest that you use a TSA recognized locking mechanism. The locks are emblazoned with a red-and-white diamond-shaped log and can be opened by TSA screeners at more than 400 airports with a combination of codes and a special tool. This lock is sold nationwide at various luggage stores. TSA is not liable for damage caused to locked bags that must be opened for security purposes. It is recommended that you lock all luggage.

Below are tips for packing your **checked baggage** to ensure that your bag makes the flight with you:

- Do not put a camera, film or computer in your checked baggage as it will be x-rayed. Carry it on to the plane and let the inspectors know you have a camera, film and computer.
- Put personal belonging in clear plastic bags.
- Pack so opened luggage can be checked quickly.
- Pack shoes, sneakers, and other footwear on top of other contents in your luggage.
- Avoid over-packing food and drink items
- Do not stack piles of books or documents on top of each other; spread them out within your baggage.
- Be aware that anything wrapped (including gifts) may need to be opened for inspection. Put items in transparent bags when possible.
- Make certain that your bags do not exceed the airline’s luggage requirements.
- Place identification tags with your name, address and phone number on all of your baggage, including laptop computer. Use covered luggage tags to avoid casual observation of your identity or nationality. It is a good idea to place an identification tag inside your baggage as well.

Think carefully about what you pack in your carry-on and purse. Lighters, nail files, corkscrews, knitting needles, pepper spray, fireworks, lighter fluid, aerosol hairspray, and anything else that poses a potential threat, will be confiscated. Below are some tips for going through security at the airport:

- Tuck some kind of identification inside your suitcase in case your luggage tags on the outside are destroyed or removed during travel.
- Tie a colorful ribbon on your suitcase or attach a flashy bag tag so you can quickly identify it in the sea of black bags and ward off anyone taking it by mistake.
- Never pack keys or identification. If the airline loses your luggage, you’re in big trouble.

**For packing tips and other suggestions that may assist you visit:** [www.tsatraveltips.us](http://www.tsatraveltips.us)
GENERAL PRECAUTIONS THAT STUDENTS SHOULD TAKE WHILE TRAVELING ABROAD

- Remember do not leave luggage unattended and do not carry packages for anyone. The packages could contain drugs or other illegal items.
- Do not become a target for thieves by wearing conspicuous clothing and jewelry.
- Avoid demonstrations or civil disturbances, which could turn violent. Demonstrations in some countries could also turn anti-American.
- Be aware of the potential danger if you choose less expensive, or less reliable methods of local travel while in foreign countries.

ARRIVING IN BRAZIL

A passport and visa are required for U.S. citizens traveling to Brazil for any purpose. Brazilian visas must be obtained in advance from the Brazilian Embassy or consulate nearest to the traveler’s place of residence. There are no "airport visas" and immigration authorities will refuse entry to Brazil to anyone not possessing a valid visa. All Brazilian visas, regardless of the length of validity, must initially be used within 90 days of the issuance date or will no longer be valid. Immigration authorities will not allow entry into Brazil without a valid visa. The U.S. Government cannot assist travelers who arrive in Brazil without proper documentation.

In response to the introduction of the US-VISIT program, on January 1, 2004 the Government of Brazil began fingerprinting/photographing all U.S. citizens arriving in Brazil. In the first six weeks of 2004, two U.S. citizens were fined (an average $15,000 each) for making obscene gestures while being photographed at a Brazilian port of entry. Travelers are reminded that they are subject to local law, and that showing contempt to a government official is a serious offense in Brazil. (Fines for such offenses are based on the offender’s claimed income).

Additionally, travelers who have recently visited certain countries, including most other Latin American countries (check Brazilian Embassy website linked below) may be required to present an inoculation card indicating they had a yellow fever inoculation or they may not be allowed to board the plane or enter the country.

For current entry and customs requirements for Brazil, travelers may contact the Brazilian Embassy at;

BRAZIL
1185 Avenue of the Americas
21st Floor
New York, NY 10036-2601
(917) 777-7777 (phone)
(917) 777-7777 (phone)
consulado@brazilny.org (email)
Cell Phone
Most cell phones from the U.S. usually do not work in South America! International tri-band phones will work in both locations. If you have a tri-band phone, check with your service provider to make certain that they offer service in Brazil, and anywhere else you plan to visit. Some plans require you to notify them if you plan to use the phone internationally and can offer quite reasonable rates. Otherwise, leave your U.S. cell phone at home.

Getting around:
Although a large and sprawling city, the neighborhoods most frequented by visitors are easy to get around in. The public transport system is cheap and efficient, and most places can be reached by metro or bus. By far the quickest and easiest way to get around is by the efficient metro, but there are limits to its coverage of the city with only two lines. The most inexpensive form of transport are the local buses, which travel all over the city as fast as the traffic will allow, although they are often badly driven, crowded and the scene of much petty theft, especially during rush hours when the crowded conditions are ideal for pickpockets. Special care should be taken on buses that are known to be regularly used by tourists, such as those to the Sugar Loaf. Public transport stops between 11pm and midnight, with some buses operating 24 hours, but it is safer to hire a taxi late at night. Taxis are plentiful and relatively inexpensive. Radio cabs can be ordered and are said to be safer and more reliable, usually with air-conditioning, but they are 30 percent more than regular taxis. Driving in Rio is not recommended and hiring a car is expensive.

UNDERSTANDING DIFFERENT CULTURAL TRADITIONS

Bi-Culturalism: Part of your learning experience is to become bi-cultural. However, this is not something automatic and will take “work” on your part. People often talk about ‘culture shock’ but it’s usually used as a catch phrase for the uncomfortable feeling one has when they are in an unfamiliar setting. Culture shock is inevitable, but it can be overcome. Remember you are doing two things: responding to a new work environment and its ‘culture’ and responding to the culture of a new country. Neither is easy. Students are sometimes unaware of the fact that they are experiencing culture shock when the symptoms occur. There are ways to deal with this period of culture shock, so it helps to recognize that culture shock may lie behind physical symptoms and irritability in the early stages of your arrival. The most effective way to combat culture shock is to step back from an event that has bothered you, assess it, and search for an appropriate explanation and response. Here are some other useful coping strategies:

. In a shop, in a bank, at the train station, it helps to say, “Good morning,” “Thank you,” and “May I…” Be sure to smile.
. Set reasonable goals and expectations for yourself, particularly at the beginning.
. Establish priorities regarding the things that you have to do, to learn, to adjust to. Do the most important first.
Seek out other people. Don’t withdraw into yourself.

Try to become comfortable with the differences in the language and use the local words.

Take care of your health; eat properly, exercise, get plenty of rest.

Write or call friends and family back home regularly.

Remember that it is normal to feel overwhelmed.

When you are able to fully enjoy the customs, attitudes, and ways of saying and doing things in Brazil you will find aspects of the culture and living that you really appreciate. You will be able to live and work to your full potential. When you leave, you will miss so many things that you have learned to love. Remember, you will need to work on your adjustment.

AVOIDING LEGAL DIFFICULTIES

When you are in a foreign country, you are subject to its laws and are under its jurisdiction NOT the protection of the U.S. Constitution. DO NOT participate in political demonstrations.

You can be arrested overseas for actions that may be either legal or considered minor infractions in the United States. Be aware of what is considered criminal in the country where you are. If you are arrested you must inform the U.S. Consulate.

Some of the offences for which U.S. citizens have been arrested abroad are:

- Drug violations (there are no such things as ‘Leisure’ Drugs!)
- Photography -- In many countries you can be harassed or detained for photographing such things as police and military installations, government buildings, border areas and transportation facilities. Ask permission before taking photographs.
- Do not carry anything that can be construed as a weapon.

CRIMINAL PENALTIES: While in a foreign country, a U.S. citizen is subject to that country's laws and regulations, which sometimes differ significantly from those in the United States and may not afford the protections available to the individual under U.S. law. Penalties for breaking the law can be more severe than in the United States for similar offenses. Persons violating Brazilian laws, even unknowingly, may be expelled, arrested or imprisoned. Penalties for possession, use, or trafficking in illegal drugs in Brazil are severe, and convicted offenders can expect long jail sentences and heavy fines. Engaging in sexual conduct with children or using or disseminating child pornography in a foreign country is a crime, prosecutable in the United States.

PERSONAL SAFETY

SAFETY AND SECURITY: Political and labor strikes and demonstrations occur sporadically in urban areas and may cause temporary disruption to public transportation. Naturally, protests anywhere in the world have the potential to become violent. While it is unlikely that U.S. citizens would be targeted during such events, U.S. citizens traveling or residing in Brazil are advised to take common-sense precautions and avoid any large gatherings or any other event where crowds have congregated to demonstrate or protest. Individuals with ties to criminal entities operate along the tri-border area of Argentina, Brazil, and Paraguay. These organizations are involved in the trafficking of illicit goods; some individuals in the area are financially supporting designated foreign terrorist organizations.
CRIME: Crime throughout Brazil has reached very high levels. The Brazilian police and the Brazilian press report that the rate of crime continues to rise, especially in the major urban centers – though it is also spreading in rural areas. Brazil’s murder rate is four times higher than that of the U.S. Rates for other crimes are similarly high. The majority of crimes are not solved.

Street crime remains a problem for visitors and local residents alike, especially in the evenings and late at night. Caution is advised with regard to nighttime travel through more rural areas and satellite cities due to reported incidents of roadside robberies that randomly target passing vehicles. Robbery and “quicknapping” outside of banks and ATM machines are common. In a “quicknapping,” criminals abduct victims for a short time in order to receive a quick payoff from the family, business or the victim’s ATM card.

The incidence of crime against tourists is greater in areas surrounding beaches, hotels, discotheques, bars, nightclubs, and other similar establishments that cater to visitors. This type of crime is especially prevalent during Carnaval (Brazilian Mardi Gras). While the risk is greater at dusk and during the evening hours, street crime can occur both day and night, and even safer areas of cities are not immune. Incidents of theft on city buses are frequent and visitors should avoid such transportation. Several Brazilian cities have established specialized tourist police units to patrol areas frequented by tourists. In Rio de Janeiro, by jailed drug lords to exert influence over the city have led to a violent backlash against local authorities and businesses (see separate section below on Rio de Janeiro).

At airports, hotel lobbies, bus stations and other public places, incidents of pick pocketing, theft of hand carried luggage, and laptop computers are common. Travelers should "dress down" when outside and avoid carrying valuables or wearing jewelry or expensive watches. "Good Samaritan" scams are common. If a tourist looks lost or seems to be having trouble communicating, a seemingly innocent bystander offering help may victimize them. Care should be taken at and around banks and internationally connected automatic teller machines that take U.S. credit or debit cards. Very poor neighborhoods known as "favelas," such as those located on steep hillsides in Rio de Janeiro, are found throughout Brazil. These areas are sites of uncontrolled criminal activity and are often not patrolled by police. U.S. citizens are advised to avoid these unsafe areas. Carjacking is on the increase in Sao Paulo, Recife and other cities.

While the ability of Brazilian police to help recover stolen property is limited, it is nevertheless strongly advised to obtain a "boletim de ocorrencia" (police report) at a "delegacia" (police station) whenever any possessions are lost or stolen. This will facilitate the traveler's exit from Brazil and insurance claims.

RIO DE JANEIRO: The city continues to experience a high incidence of crime. Tourists are particularly vulnerable to street thefts and robberies on and in areas adjacent to the main beaches in the city. Walking on the beaches is very dangerous at night. Efforts of incarcerated drug lords to exert their power outside of their jail cells have resulted in serious disruptions in the city, violence directed at the authorities and incidents of crimes against property, including, in 2003, after-hours shootings and explosions set off outside hotels and restaurants frequented by tourists. While these occurrences have not resulted in any injuries to U.S. citizens, visitors and
residents alike should be aware that inconveniences such as closed shops and disrupted municipal services are likely. In Rio de Janeiro City, motorists are allowed to treat stoplights as stop signs between the hours of 10 p.m. and 6 a.m. to protect against holdups at intersections. All incidents should be reported to the tourist police, who can be reached at 3399-7170/71/72/73.

**SAO PAULO:** While similar incidents may occur elsewhere, all areas of Sao Paulo have a high rate of armed robbery of pedestrians at stoplights. There is a particularly high incidence of robberies and pick pocketing in the Praca da Se section of Sao Paulo and in the eastern part of the city. As is true of "red light districts" in other cities, the areas of Sao Paulo on Rua Augusta north of Avenida Paulista and the Estacao de Luz metro area are especially dangerous. There are regular reports of young women slipping knockout drops in men's drinks and robbing them of all their belongings while they are unconscious. Armed holdups of pedestrians and motorists by young men on motorcycles ("motoboys") are an increasingly common occurrence in some parts of Sao Paulo. Victims who resist risk being shot.

**INFORMATION FOR VICTIMS OF CRIME:** The loss or theft abroad of a U.S. passport should be reported immediately to the local police and the nearest U.S. Embassy or Consulate. If you are the victim of a crime while overseas, in addition to reporting to local police, please contact the nearest U.S. Embassy or Consulate for assistance. The Embassy/Consulate staff can, for example, assist you to find appropriate medical care, contact family members or friends, and explain how funds could be transferred. Although the investigation and prosecution of the crime is solely the responsibility of local authorities, consular officers can help you to understand the local criminal justice process and to find an attorney if needed.

Thieves often work in groups or pairs. In most cases, one thief distracts a victim while an accomplice performs the robbery. Groups of street urchins are known to poke tourists with newspapers or pieces of cardboard to divert their attention so that another street urchin can pickpocket them. In one particular routine, one thief throws trash or waste at the victim; a second thief assists the victim in cleaning up the mess; and the third discreetly takes the victim's belongings. Criminals on crowded public transportation slit the bottoms of purses or bags with a razor blade or sharp knife, and then remove the contents through the bottom.

To report theft, the telephone numbers of major credit card agencies are in the phone book. However, your bankcard may require a special number for toll free calls from Europe. Bring that number with you. It is always a good idea to keep a photocopy of all your credit/bankcards and traveler’s checks with their numbers and telephone numbers in a safe place along with a copy of your passport. You must advise the U.S. Consulate immediately if your passport is stolen.

**Safety in Your Hotel:** NEVER let a stranger into your room. Keep your hotel door locked at all times. Meet visitors in the lobby. Do not leave money and other valuables in your hotel room while you are out. Use the hotel safe.

Let someone know when you expect to return if you are out late at night. If you are alone, do not enter an elevator if a suspicious-looking person is inside.
Read the fire safety instructions in your room. Know how to report a fire. Be sure you know where the nearest fire exits and alternate exits are located.

**Safety on the Street**

Use the same common sense traveling overseas that you would at home. Be especially cautious in or avoid areas where you are likely to be victimized. These include crowded subways, train stations, elevators, tourist sites, market places, festivals and marginal areas of cities.

Don't use short cuts, narrow alleys or poorly lit streets. Try not to travel alone at night. Avoid public demonstrations and other civil disturbances.

Keep a low profile and avoid loud conversations or arguments. Do not discuss travel plans or other personal matters with strangers.

Avoid scam artists. Beware of strangers who approach you, offering bargains or to be your guide.

Beware of pickpockets. They often have an accomplice who will:

- jostle you,
- ask you for directions or the time,
- point to something spilled on your clothing,
- or distract you by creating a disturbance.

A child or even a woman carrying a baby can be a pickpocket. Beware of groups of vagrant children who create a distraction while picking your pocket.

Wear the shoulder strap of your bag across your chest and walk with the bag away from the curb to avoid drive-by purse-snatchers.

Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. When possible, ask directions only from individuals in authority. Know how to use a pay telephone and have the proper change or token on hand.

Learn a few phrases in the local language so you can signal your need for help, the police, or a doctor. Make a note of emergency telephone numbers you may need: police, fire, your hotel, and the nearest U.S. embassy or consulate.

If you are confronted, don't fight back. Give up your valuables. Your money and passport can be replaced, but you can’t.
Safety on Public Transportation

**Taxis:** Only take taxis clearly identified with official markings. Beware of unmarked cabs.

**Trains:** Well-organized, systematic robbery of passengers on trains along popular tourists’ routes is a serious problem. It is more common at night and especially on overnight trains.

If you see your way being blocked by a stranger and another person is very close to you from behind, move away. This can happen in the corridor of the train or on the platform or station.

Do not accept food or drink from strangers. Criminals have been known to drug food or drink offered to passengers. Criminals may also spray sleeping gas in train compartments. Where possible, lock your compartment. If it cannot be locked securely, take turns sleeping in shifts with your traveling companions. If that is not possible, stay awake. If you must sleep unprotected, tie down your luggage, strap your valuables to you and sleep on top of them as much as possible.

Do not be afraid to alert authorities if you feel threatened in any way. Extra police are often assigned to ride trains on routes where crime is a serious problem.

**Buses:** The same type of criminal activity found on trains can be found on public buses on popular tourist routes. For example, tourists have been drugged and robbed while sleeping on buses or in bus stations. In some countries, whole busloads of passengers have been held up and robbed by gangs of bandits.

How to Handle Money Safely

To avoid carrying large amounts of cash, change your travelers' checks only as you need currency. Countersign travelers' checks only in front of the person who will cash them. Do not flash large amounts of money when paying a bill. Make sure your credit card is returned to you after each transaction.

Deal only with authorized agents when you exchange money, buy airline tickets or purchase souvenirs. Do not change money on the black market.

If your possessions are lost or stolen, report the loss immediately to the local police. Keep a copy of the police report for insurance claims and as an explanation of your plight.

After reporting missing items to the police, report the loss or theft of:

- travelers' checks to the nearest agent of the issuing company
- credit cards to the issuing company
- airline tickets to the airline or travel agent
- passport to the nearest U.S. embassy or consulate
Special Measures When There Are Anti-American Threats or Emergencies

1. Avoid any behavior that would make you conspicuous
2. Do not give personal information to any unauthorized individuals.
3. Avoid congregating at American hangouts such as bars that might be targets for terrorists.
4. Avoid public demonstrations and other civil disturbances.
5. Avoid speaking loudly when in groups of other Americans on the street, in bars, etc. Be discreet.
6. Do not discuss travel plans or other personal matters with strangers.
7. Avoid dressing in ways that identify you readily as an American (e.g. clothes with U.S. logo).
8. Exercise care with whom you spend time and how much information you give to strangers about your program, travel plans and where you are staying.
9. Be alert to any danger signs such as the presence of suspicious looking strangers, or of unidentified packages.
10. Keep abreast of local news through TV, radio and newspapers.
11. If you have free days and are travelling, you must notify your instructor with the dates that you are travelling, your flight or train information and hotel where you can be reached.

TERRORISM

Terrorist acts occur unpredictably, making it impossible to protect yourself absolutely. The first and best protection is to avoid travel to unsafe areas where there has been a persistent record of terrorist attacks. The vast majority of foreign countries have good records of maintaining public order and protecting residents and visitors within their borders from terrorism. However, please remain vigilant.
PLANNING FOR POSSIBLE EMERGENCIES

1. A photocopy of your passport and, if applicable, visa and the Emergency Notification Form will be kept in the Office of International Programs and with the class professor. Should you have a personal emergency; the person on this form will be contacted.

2. The professor will devise an Emergency Response Phone Tree. The Phone Tree will enable him or her to contact all students on short notice and assemble the group quickly. **You will have the professor’s cell phone number and residence phone number. Please use these only for emergencies.**

   What is the Emergency Response Phone Tree? Students will be divided in groups of five (5) with each student given a number from 1 to 5 and the telephone numbers of the members of their group. In case of an emergency, the professor will call student number 1 who contacts student number 2, etc. Student number 5 then calls the professor, completing the contact circle. If the telephone tree is activated and a student does not respond, the caller is to notify the professor immediately and the next person will be called to keep the tree activated.

3. At times of emergencies
   - Students should not travel
   - Students should seek accurate information
   - Students should stay in contact with the professor and each other
   - Students should call their families

4. If you plan to travel, you **must** leave the address and telephone number of where you can be reached and when you will return with your professor. You should also leave that information with your roommate or close friend. It is essential that you cooperate with this request.
U.S. Embassies in Brazil

REGISTRATION / EMBASSY LOCATION: Americans living or traveling in Brazil are encouraged to register with the nearest U.S. Embassy or Consulate through the State Department's travel registration website and to obtain updated information on travel and security within Brazil. Americans without Internet access may register directly with the nearest U.S. Embassy or Consulate. By registering, American citizens make it easier for the Embassy or Consulate to contact them in case of emergency. The U.S. Embassy is located in Brasilia at Avenida das Nações, Lote 3, telephone 011-55-61-312-7000, after-hours telephone 011-55-61-312-7400; web site at http://www.embaixada-americana.org.br/. Consular Section public hours are 8:00 a.m. - 12:00 noon and 1:30 p.m.-3:30 p.m., Monday through Friday except Brazilian and U.S. holidays

U.S. Embassy
SES - Av. das Nações,
Quadra 801, Lote 03
70403-900 - Brasilia, DF
Phone: (55-61) 3312-7000
Fax: (55-61) 3225-9136

Rio de Janeiro Consulate
Av. Presidente Wilson, 147
Castelo
20030-020 - Rio de Janeiro, RJ
Phone: (55-21) 3823-2000 After Hours: 55-21-2292-7117
Fax: (55-21) 3823-2003 Website: www.embaixada-americana.org.br/index.php
Public hours are 8:30 a.m. – 11:00 a.m. & 1:00 p.m. – 3:00 p.m., Monday through Friday, except Brazilian and U.S. Holidays.

São Paulo Consulate General
Rua Henri Dunant, 500,
Chácara Santo Antônio,
São Paulo- SP, 04709-110

Mailing address:
Rua Henry Dunant, 700,
Chácara Santo Antônio,
São Paulo- SP, 04709-110
Phone: (55-11) 5186-7000
After-hours: (55-11) 5181-8730
Fax: (55-11) 5186-7199
CONTACT INFORMATION

The FIT Student Services Coordinator, Carole DeSantis can be reached at:
Phone: (212) 217-7687    Fax: (212) 217-7010    E-mail: carole_desantis@fitnyc.edu

Fashion Institute of Technology
Office of International Programs - Room B119
7th Avenue at 27th Street
New York, NY 10001
Phone: (212) 217-7633 or 217-7601; Fax: (212) 217-7010; E-mail: fitintlpgms@fitnyc.edu

Connecting with your FIT e-mail: http://imail.fitnyc.edu

Travel Notices
Check http://travel.state.gov/travel_warnings.html for updated travel advisories from the U. S. State Department.

Police Emergency Number: 190
Fire/Ambulance Emergency Number: 193

Contacting Your Professor
Your professor will be carrying a cell phone and will give you the number on arrival in each country. Learn how to call this number from public telephones and from other countries, if you are traveling abroad. Learn how to call it from any foreign country you may be visiting. Keep these instructions with you at all times.