



International Medical Relief

PROVIDING COMMUNITY HEALTH
TO POPULATIONS MOST IN NEED

BRAZIL



| BRAZIL



PRE-FIELD BRIEFING PACKET

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ABOUT THIS PACKET

This packet has been created to serve as a resource for the Brazil Medical Team.

This packet is information about the country and can be read at your leisure or on the airplane. The final section of this booklet is specific to the areas we will be working near (however, not the actual clinic locations) and contains information you may want to know before the trip.

The contents herein are not for distributional purposes and are intended for the use of the team and their families. Sources of the information all come from public record and documentation. You may access any of the information and more updates directly from the World Wide Web and other public sources.



BACKGROUND

Brazil, officially the Federative Republic of Brazil, is the largest country in South America. It is the world's fifth-largest country by area, the fifth most populous, and the fourth most populous democracy in the world. The Brazilian population tends to concentrate along the Atlantic coastline in large urban centers. While Brazil has one of the largest populations in the world, its overall population density is low since the vast inland regions are sparsely populated.

Brazil is a racially diverse, multiracial country, and intermarriage among different ethnic groups has been part of the country's history. Some say that Brazil is a "post-racist" society, composed of an agglomeration of all the races in the world, with no respect to color or number, perhaps capable of laying the basis of a new civilization.

By far the most populous country in South America, Brazil overcame more than half a century of military intervention in the governance of the country when, in 1985, the military regime peacefully ceded power to civilian leaders. Brazil continues to pursue industrial and agricultural growth and development of its interior. Utilizing vast natural resources and a large labor pool, it is today South America's leading economic power and a regional leader. Highly unequal income distribution remains a pressing problem.

The major theory for the source of its name states it was named after brazilwood, an abundant species in the new-found land that was valuable in Portuguese commerce. This plant has a strong red color, so "Brazil" is derived from the Portuguese word "brasa," meaning "ember."

PUBLIC HEALTH OVERVIEW

Basic statistics

Indicators	Statistics	Year
Population (thousands)	200362	2013
Population aged under 15 (%)	24	2013
Population aged over 60 (%)	11	2013
Median age (years)	30	2013
Population living in urban areas (%)	85	2013
Total fertility rate (per woman)	1.8	2013
Number of live births (thousands)	2994.6	2013
Number of deaths (thousands)	1227.4	2013
Birth registration coverage (%)	93	2011
Cause-of-death registration coverage (%)	93	2010-2012
Gross national income per capita (PPP int \$)	14750	2013
WHO region	Americas	2013
World Bank income classification	Upper middle	2013

Source:
Country statistics and global health estimates
by WHO and UN partners

For more information visit the Global Health Observatory
(<http://www.who.int/gho/en/>)

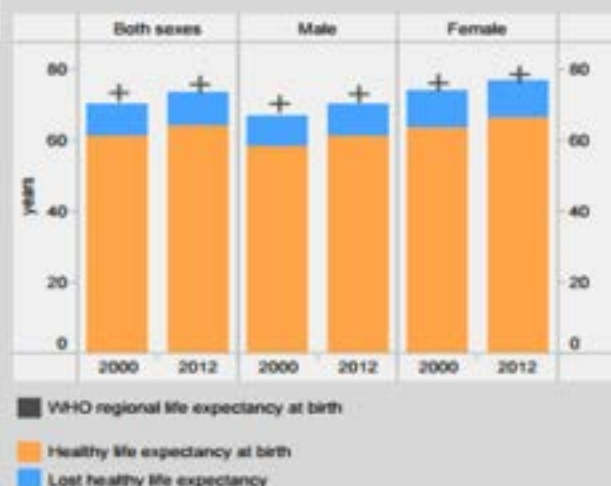
Last updated: January 2015

Life expectancy (years), 2012

		Country	WHO region	World Bank income group
Life expectancy	At birth	74	75	74
	At age 60	21	22	20
Healthy life expectancy	At birth	64	67	66

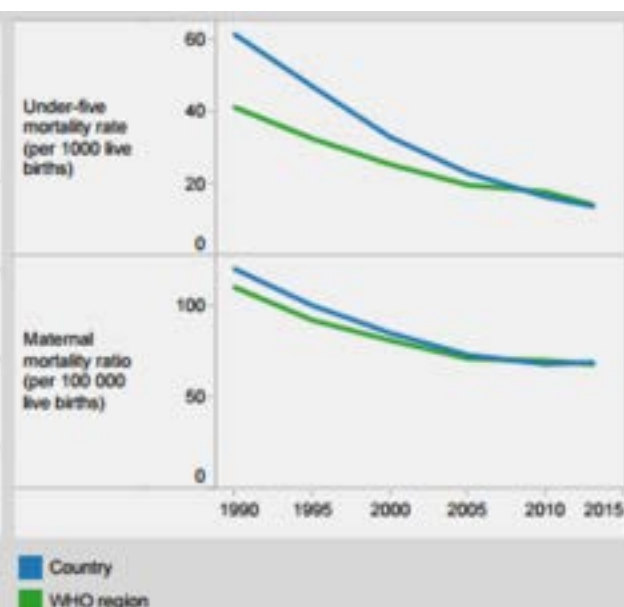
Life expectancy at birth for both sexes increased by 3 year(s) over the period of 2000-2012; the WHO region average increased by 2 year(s) in the same period.

In 2012, healthy expectancy in both sexes was 9 year(s) lower than overall life expectancy at birth. This lost healthy life expectancy represents 9 equivalent year(s) of full health lost through years lived with morbidity and disability.

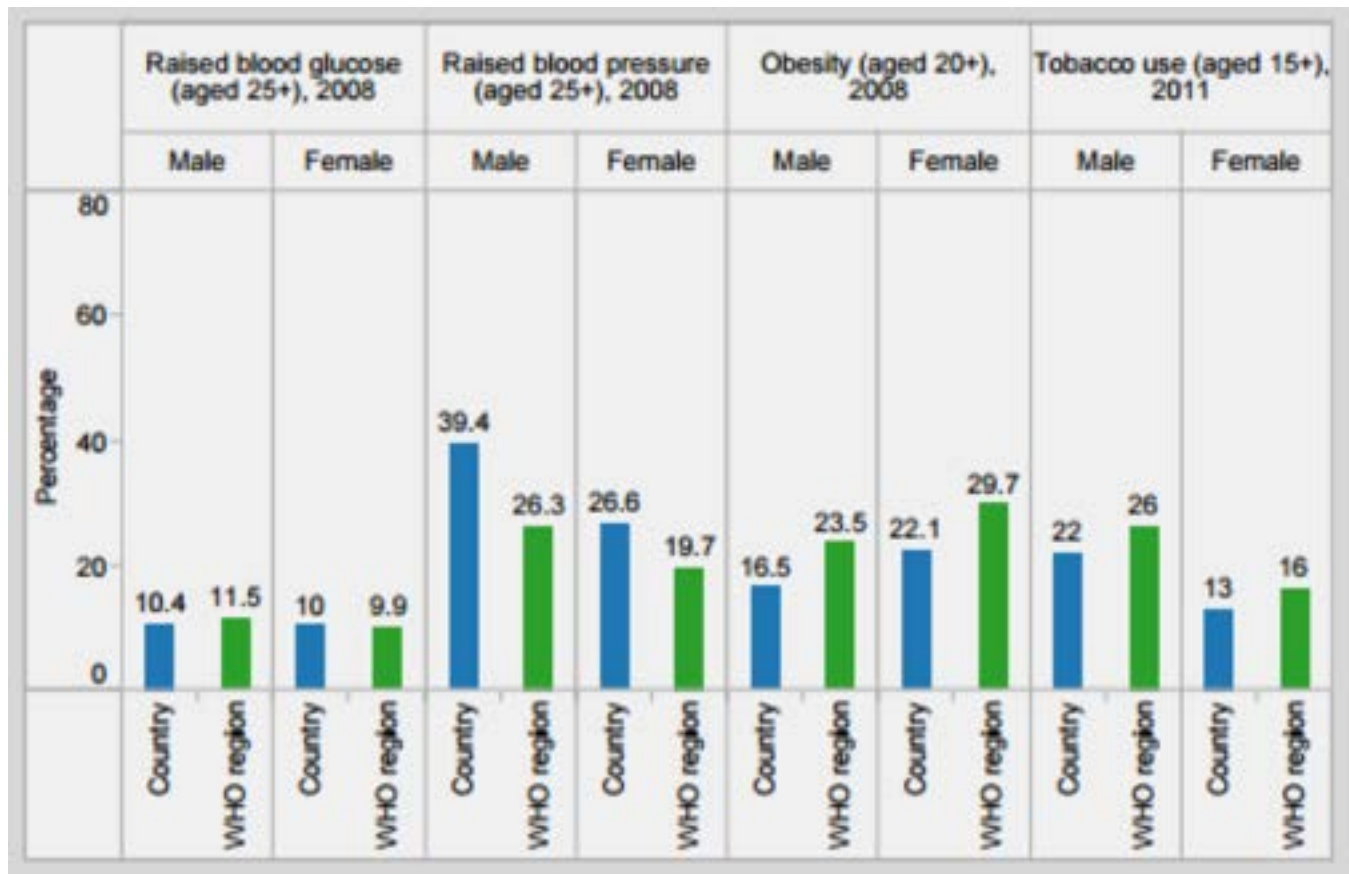


Indicators	Statistics	
	Baseline*	Latest**
Under-five mortality rate (per 1000 live births)	62	14
Maternal mortality ratio (per 100 000 live births)	120	69
Deaths due to HIV/AIDS (per 100 000 population)	8.4	7.8
Deaths due to malaria (per 100 000 population)	0.3	0.1
Deaths due to tuberculosis among HIV-negative people (per 100 000 population)	4.4	2.2

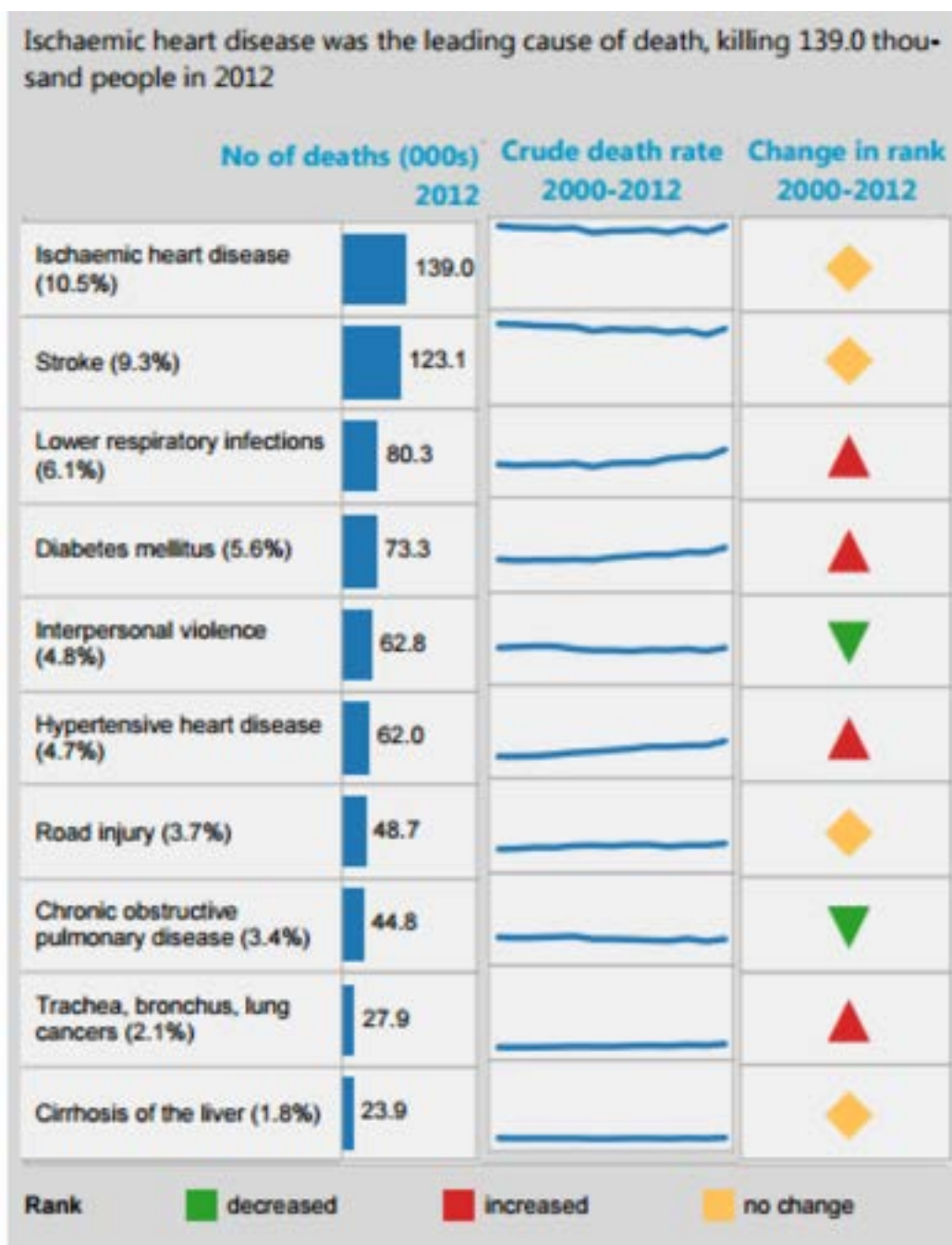
*1990 for under-five mortality and maternal mortality; 2000 for other indicators
**2012 for deaths due to HIV/AIDS and malaria; 2013 for other indicators



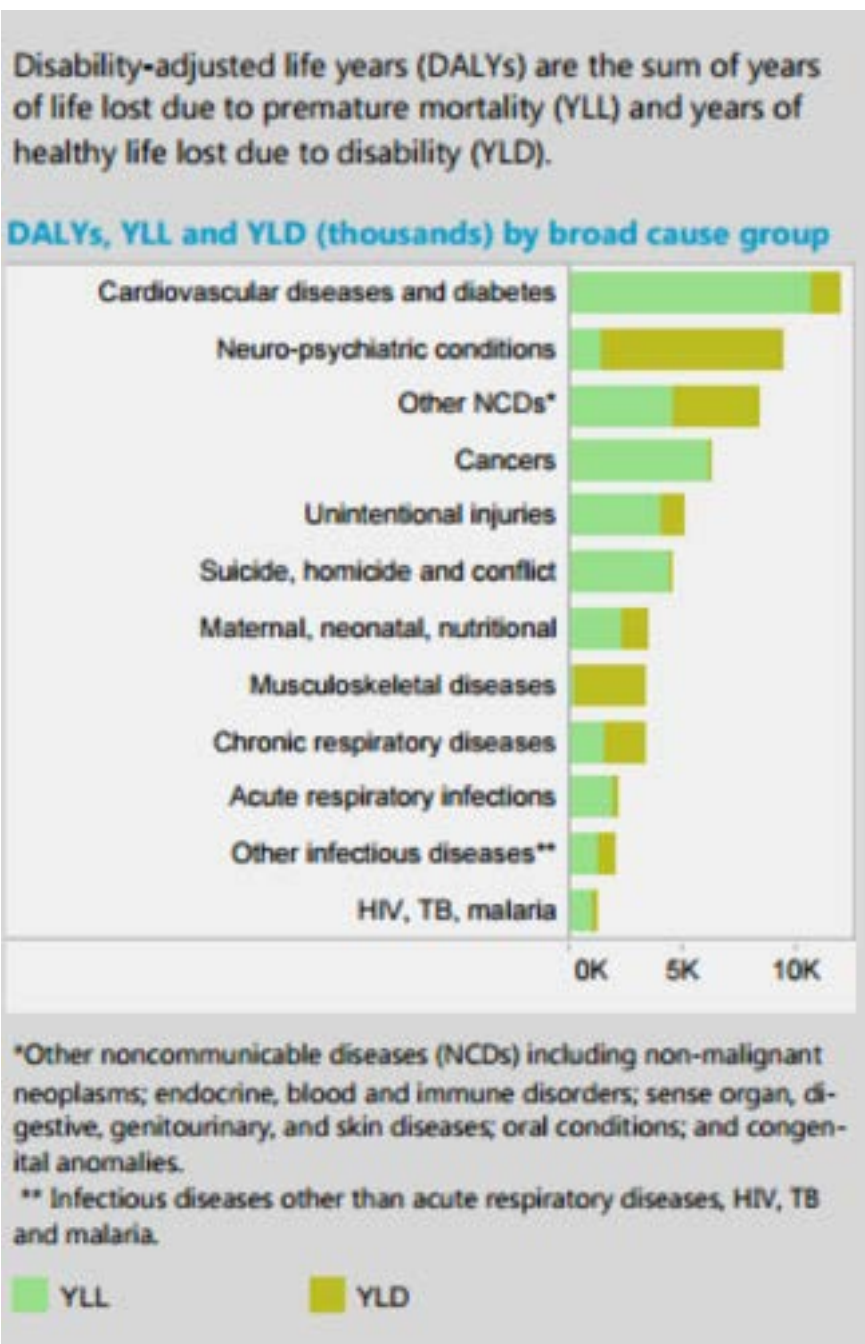
ADULT RISK FACTORS



THE TOP 10 CAUSES OF DEATH



BURDEN OF DISEASE



EXTENDING YOUR STAY?

BE DAZZLED BY THE PRECIOUS GEMS OF MINAS GERAIS

Discover some of Brazil's best-preserved colonial architecture in Minas Gerais, a region of southern Brazil, which became fabulously rich following the discovery of gold and diamonds in the 17th century. Ouro Preto, Mariana, Sabará and Diamantina are particular gems, with ornate Baroque churches and colonial mansions filled with religious art and sculpture.

BROWSE THE ROMANTIC BACKSTREETS OF PARATY

Paraty is a delightful, historic town on the Costa Verde between Rio de Janeiro and Sao Paulo, which grew rich on the 18th-century gold trade. Its wealth is reflected today in the beautifully preserved colonial buildings such as Santa Rita Church, built by freed slaves. Paraty is a popular destination for schooner cruises around its bay and islands, and is well stocked with boutique hotels and gourmet restaurants.

COSTA VERDE ISLANDS AND BEACHES

There are literally thousands of gorgeous islands and beaches along Brazil's coastline, including the chic resort of Búzios, and car-free Morro de São Paulo in Bahia. Tropical islands are liberally sprinkled off the Costa Verde between Rio and São Paulo; among the most idyllic are Ilha Grande and Ilhabela. The ultimate getaway island paradise though is Fernando de Noronha, 330 miles (540km) off the northeast coast.

DANCE THE SAMBA LIKE A CARIOCA

You can learn how to do the samba, Brazil's most popular dance, in Rio de Janeiro, its spiritual heartland. Let a local show you the moves in an escola de samba, which opens to visitors a couple of months before Carnival. Or visit a traditional gafieira dancehall, where several generations of Cariocas gyrate across the floor with natural fluidity.

DISCOVER THE ECO-TREASURES OF DIAMANTINA NATIONAL PARK

Go hiking, river rafting or just chilling in the Chapada Diamantina National Park, deep in the mountains of Bahia in the northeast. This park is one of Brazil's ecotourism hotspots; an adventure playground full of forests, caves, underground lakes and waterfalls. Access to the park is via the nearby town of Capão, which attracts New Agers for its laidback alternative lifestyle.

EXPLORE MANAUS, GATEWAY TO THE AMAZON

In the heart of the rainforest, at the juncture of the great Solimões and Negro rivers, Manaus is Brazil's main entry point for Amazon safaris. Or you can explore some magnificent colonial treasures dating from the city's rubber boom era, including the Teatro Amazonas opera house and the art nouveau dockside market.

EXPLORE THE HISTORIC MISSIONS OF RIO GRANDE DO SUL

Visit the redbrick ruins of 300-year-old São Miguel das Missões, the only survivor of the once 30 Jesuit missions in southern Brazil, which formed an important role, defending the indigenous Guaraní people against colonial slavery. The building is a UNESCO World Heritage Site and, despite the ravages of time and neglect, is well worth seeing for its stylised Baroque architecture and historical interest.

GET THE VIBES OF SALVADOR DA BAHIA

Explore colourful Salvador da Bahia, capital of the northeastern coastal state of Bahia. This UNESCO World Heritage Site boasts dozens of colonial-era buildings clustered around the cobblestone streets of Pelourinho.

Salvador is one of Brazil's most culturally vibrant cities, spawning some of its best-known musicians, artists and writers, and hosting one of the best Carnivals in the country.



GO DIVING OFF FERNANDO DE NORONHA

The deep blue waters of coastal Brazil are superb for diving, particularly in the north, where the sea is usually warmer and clearer. The protected marine park on the island of Fernando de Noronha has probably the best diving; also the Abrolhos Archipelago, off the coast of Bahia. Southern Brazil also has some excellent dive spots, including Arraial do Cabo, Ubatuba, and Laje de Santos.

HIT THE CULTURAL HOTSPOTS OF SÃO PAULO

Uber-cool Paulistanos boast of their city's better nightlife, art and, even, football teams, than their arch-rival, Rio de Janeiro. With world-class art galleries, live music and restaurants galore, Brazil's largest city certainly does have a lot to support its claim. The nearby beaches aren't bad either; Ilhabela island, for instance, has several gems.

SEE A FOOTBALL MATCH AT THE MARACANÃ

Watch the belojogo (beautiful game) in Rio's world-famous Maracanã Stadium. With fans dancing, singing and pounding drums amid clouds of coloured smoke, the carnival atmosphere on the terraces sometimes overshadows the game itself. Football is a national obsession and matches are passionately noisy affairs.

SOAK UP THE SPRAY OF MIGHTY IGUAÇU FALLS

Set amid rainforest teeming with butterflies, birds and many other animals, these majestic waterfalls in southern Brazil are one of the great wonders of the Americas, with 275 individual falls encompassing a vast area protected by two national parks (one in neighbouring Argentina). The highest fall, the Garganta do Diabo (Devil's Throat) reaches 70m (230ft), which is one and a half times the height of Niagara Falls.



WILDLIFE WATCH IN THE PANTANAL

This spectacularly rich ecosystem in west-central Brazil is home to big cats, reptiles and hundreds of exotic birds. The Pantanal's vast wetlands have wide-open savannah, which, unlike the Amazon's dense rainforests, allow easy viewing of their abundant wildlife. The dry season (April-October) is the best time to visit, when animals cluster around the waterholes and the birds are breeding.



WONDER AT BRAZIL'S STUNNING CAPITAL, BRASÍLIA

Often overlooked by visitors, Brasília is an architectural showpiece, of curvaceous modern buildings dominating the Planalto's flat horizons. The city was designed by world-renowned architect Oscar Niemeyer and many of his creations, including the Cathedral and National Congress, are UNESCO World Heritage Sites. There's also some great hiking country near the city, including the Chapada dos Veadeiros National Park.

COUNTRY OVERVIEW

History

The Portuguese were the first European settlers to arrive in the area, led by adventurous Pedro Cabral, who began the colonial period in 1500. The Portuguese reportedly found native Indians numbering around seven million. Most tribes were peripatetic, with only limited agriculture and temporary dwellings, although villages often had as many as 5000



inhabitants. Cultural life appears to have been richly developed, although both tribal warfare and cannibalism were ubiquitous. The few remaining traces of Brazil's Indian tribes reveal little of their lifestyle, unlike the evidence from other Andean tribes. Today, fewer than 200,000 of Brazil's indigenous people survive, most of whom inhabit the jungle areas.

Other Portuguese explorers followed Cabral, in search of valuable goods for European trade but also for unsettled land and the opportunity to escape poverty in Portugal itself. The only item of value they discovered was the pau do brasil (brazil wood tree) from which they created red dye. Unlike the colonizing philosophy of the Spanish, the Portuguese in Brazil were much less focused at first on conquering, controlling, and developing the country. Most were impoverished sailors, who were far more interested in profitable trade and subsistence agriculture than in territorial expansion. The country's interior remained unexplored.

Nonetheless, sugar soon came to Brazil, and with it came imported slaves. To a degree unequaled in most of the American colonies, the Portuguese settlers frequently intermarried with both the Indians and the African slaves, and there were also mixed marriages between the Africans and Indians. As a result, Brazil's population is intermingled to a degree that is unseen elsewhere. Most Brazilians possess some combination of European,

African, Amerindian, Asian, and Middle Eastern lineage, and this multiplicity of cultural legacies is a notable feature of current Brazilian culture.

The move to open the country's interior coincided with the discovery in the 1690s of gold in the south-central part of the country. The country's gold deposits didn't pan out, however, and by the close of the 18th century the country's focus had returned to the coastal agricultural regions. In 1807, as Napoleon Bonaparte closed in on Portugal's capital city of Lisbon, the Prince Regent shipped himself off to Brazil. Once there, Dom Joao established the colony as the capital of his empire. By 1821 things in Europe had cooled down sufficiently that Dom Joao could return to Lisbon, and he left his son Dom Pedro I in charge of Brazil. When the king

attempted the following year to return Brazil to subordinate status as a colony, Dom Pedro flourished his sword and declared the country's independence from Portugal (and his own independence from his father).

In the 19th century coffee took the place of sugar as Brazil's most important product. The boom in coffee production brought a wave of almost one million European immigrants, mostly Italians, and also brought about the Brazilian republic. In 1889, the wealthy coffee magnates backed a military coup, the emperor fled, and Brazil was no more an imperial country. The coffee planters virtually owned the country and the government for the next thirty years, until the worldwide depression evaporated coffee demand. For the next half century Brazil struggled with governmental instability, military coups, and a fragile economy. In 1989, the country enjoyed its first democratic election in almost three decades. Unfortunately, the Brazilians made the mistake of electing Fernando Collor de Mello. Mello's corruption did nothing to help the economy, but his peaceful removal from office indicated at least that the country's political and governmental structures are stable.

Brazil has the sixth largest population in the world--about 148 million people--which has doubled in the past 30 years. Because of its size, there are only 15 people per sq. km, concentrated mainly along the coast and in the major cities, where two-thirds of the people now live: over 19 million in greater Sao Paulo and 10 million in greater Rio.

The immigrant Portuguese language was greatly influenced by the numerous Indian and African dialects they encountered, but it remains the dominant language in Brazil today. In fact, the Brazilian dialect has become the dominant influence in the development of the Portuguese language, for the simple reason that Brazil has 15 times the population of Portugal and a much more dynamic linguistic environment.

Geography

Bounded by the Atlantic Ocean on the east, Brazil has a coastline of over 7,367 kilometers. It borders Venezuela, Suriname, Guyana, and French Guiana to the north, Uruguay to the south, Argentina and Paraguay to the southwest, Bolivia and Peru to the west, and Colombia to the northwest. Numerous archipelagos are part of the Brazilian territory, such as Penedos de São Pedro e São Paulo, Fernando de Noronha, Trindade e Martim Vaz, and Atol das Rocas.

Brazil is traversed by the Equator and Tropic of Capricorn and is home to varied fauna and flora, as well as extensive natural resources.



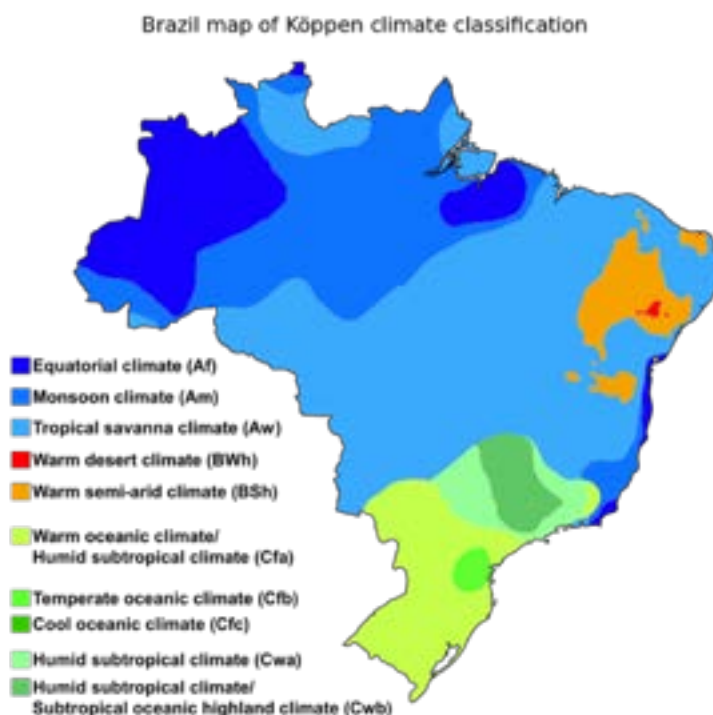
Brazilian topography is diverse, including hills, mountains, plains, highlands, scrublands, savannas, rainforests, and a long coastline. The extensive low-lying Amazon rainforest covers most of Brazil's terrain in the north; small hills and low mountains occupy the south. Along the Atlantic coast there are several mountain ranges, with altitudes of roughly 9,500 feet (2,900 m). The highest peak is the 9,735 foot (3,014 m) Pico da Neblina (Misty Peak) in Guiana's highlands. Major rivers include the Amazon, the largest river in terms of volume of water and the second-longest in the world; the Paraná and its major tributary, the Iguaçu River, where the Iguaçu Falls are located; as well as the Negro, São Francisco, Xingu, Madeira, and Tapajós rivers.

Climate and Weather

Brazil's climate has little seasonal variation, since 90 percent of the country is located within the tropics. However, the climate varies considerably from the mostly tropical north (the equator traverses the mouth of the Amazon) to temperate zones below the Tropic of Capricorn, which crosses the country at the latitude of the city of São Paulo. Brazil has five climatic regions: Equatorial, tropical, semiarid, highland tropical, and subtropical.

Temperatures along the equator are high, but southern Brazil has subtropical temperate weather, normally experiencing frost in the winter (June-August), and occasional snow in the mountainous areas, such as Rio Grande do Sul and Santa Catarina. Temperatures in the cities of São Paulo and Brasília are moderate because of their altitude of approximately 3,000 feet (1,000 m). Rio de Janeiro and Salvador, located on the coast, have warm climates.

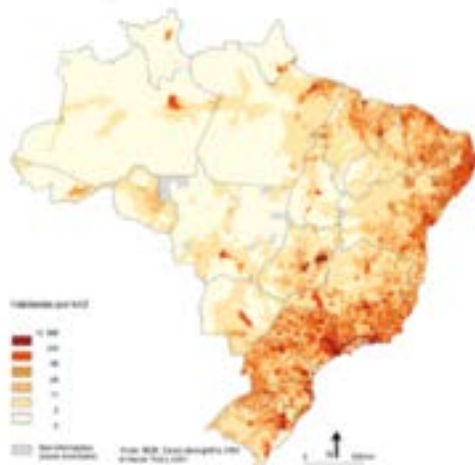
Precipitation levels also vary widely, being higher in the humid Amazon Basin and lower in the somewhat arid landscapes of the northeast. The majority of Brazil has moderate rainfall, with most of it falling in the summer (between December and April), south of the Equator. The Amazon region is notoriously humid, with rainfall of more than 2,000 millimeters per year, getting as high as 3,000 millimeters in parts of the western Amazon and near Belém. Despite high annual precipitation, the Amazon rainforest has a three-to-five month dry season.



Demographics

The population of Brazil, as recorded by the 2008 PNAD, was approximately 190 million, with a ratio of men to women of 0.95:1 and 83.75% of the population defined as urban. The population is heavily concentrated in the Southeastern and Northeastern regions, while the two most extensive regions, the Center-West and the North, which together make up 64.12% of the Brazilian territory, have a total of only 29.1 million inhabitants.

Densidade de povoamento



Brazil's population increased significantly between 1940 and 1970, due to a decline in the mortality rate, even though the birth rate underwent a slight decline. In the 1940s the annual population growth rate was 2.4%, rising to 3.0% in the 1950s and remaining at 2.9% in the 1960s, as life expectancy rose from 44 to 54 years and to 72.6 years in 2007. It has been steadily falling since the 1960s, from 3.04% per year between 1950-1960 to 1.05% in 2008 and is expected to fall to a negative value of -0.29% by 2050 thus completing the demographic transition.

According to the National Research by Household Sample of 2008, 48.43% of the population described themselves as White; 43.80% as Brown, 6.84% as Black; 0.58% as Asian; and 0.28% as Amerindian, while 0.07% did not declare their race.

In 2007, the National Indian Foundation reported the existence of 67 different un-contacted tribes, up from 40 in 2005. Brazil is believed to have the largest number of un-contacted peoples in the world.

Most Brazilians descend from the country's indigenous peoples, Portuguese settlers, and African slaves. Since the arrival of the Portuguese in 1500, considerable intermarriage between these three groups has taken place. The brown population is a broad category that includes Caboclos, Mulattoes and Cafuzos. Caboclos form the majority of the population in the Northern, Northeastern and Central-Western regions. A large Mulatto population can be found in the eastern coast of the northeastern region from Bahia to Paraíba and also in northern Maranhão, southern Minas Gerais and in eastern Rio de Janeiro. From the 19th century, Brazil opened its borders to immigration. About five million people from over 60 countries migrated to Brazil between 1808 and 1972, most of them from Portugal, Italy, Spain, Germany, Japan and the Middle-East.

Economy

Characterized by large and well-developed agricultural, mining, manufacturing, and service sectors, and a rapidly expanding middle class, Brazil's economy outweighs that of all other South American countries, and Brazil is expanding its presence in world markets. Since 2003, Brazil has steadily improved its macroeconomic stability, building up foreign reserves, and reducing its debt profile by shifting its debt burden toward real denominated and domestically held instruments. Since 2008, Brazil became a net external creditor and all three of the major ratings agencies awarded investment grade status to its debt.

After strong growth in 2007 and 2008, the onset of the global financial crisis hit Brazil in 2008. Brazil experienced two quarters of recession, as global demand for Brazil's commodity-based exports dwindled and

external credit dried up. However, Brazil was one of the first emerging markets to begin a recovery. In 2010, consumer and investor confidence revived and GDP growth reached 7.5%, the highest growth rate in the past 25 years. GDP growth has slowed since 2011, due to several factors, including: over-dependence on exports of raw



commodities, low productivity, high operational costs, persistently high inflation, and low levels of investment. After reaching historic lows of 4.8% in 2014, the unemployment rate remains low, but is rising. Brazil's traditionally high level of income inequality has declined for each of the last 15 years.

Brazil's fiscal and current account balances have eroded during the past four years as the government attempted to boost economic growth through targeted tax cuts for industry and incentives to spur household consumption. After winning reelection in October 2014 by a historically narrow margin, President Dilma ROUSSEFF appointed a

new economic team led by Finance Minister Joaquim LEVY, who introduced a fiscal austerity package intended to restore the primary account surplus (before interest expenditures are included) to 1.2% of GDP and preserve the country's investment-grade sovereign credit rating. LEVY encountered political headwinds and an economy facing more challenges than he anticipated. The target for the primary account surplus fell to a deficit of 2%, and two of the three main credit rating agencies downgraded Brazil to "junk" status.

Brazil seeks to strengthen its workforce and its economy over the long run by imposing local content and technology transfer requirements on foreign businesses, by investing in education through social programs such as Bolsa Familia and the Brazil Science Mobility Program, and by investing in research in the areas of space, nanotechnology, healthcare, and energy.

Education

The federal government, states, Federal District, and municipalities each manage their respective education



system. The new constitution reserves 25 percent of state and municipal taxes and 18 percent of federal taxes for education. Private school programs are available to complement the public school system. In 2003, the literacy rate was at 88 percent of the population, and the youth literacy rate (ages 15–19) was 93.2 percent. However, according to UNESCO Brazil's education still shows very low levels of efficiency by 15 year old students, particularly in the public school network.

Higher education starts with undergraduate or sequential courses, which may offer different specialization choices such as academic or vocational paths. Depending on the choice, students may improve their educational background with postgraduate courses.

Religion

The predominant religion in Brazil is Roman Catholicism and the country has the largest Roman Catholic population in the world. Adherents of Protestantism are rising in number. Until 1970, the majority of Brazilian Protestants were members of traditional denominations, mostly Lutherans, Presbyterians, and Baptists. Since then, membership in Pentecostal and Neo-pentecostal churches has increased significantly. Islam was first practiced by African slaves. Today, the Muslim population in Brazil is made up mostly of Arab immigrants. A recent trend has been an increase in conversions to Islam among non-Arab citizens. The largest population of Buddhists in Latin America lives in Brazil, mostly because the country has the largest Japanese population outside Japan.

The latest census cites the following figures: 74 percent of the population is Roman Catholic (about 139 million); 15.4 percent is Protestant (about 28 million), including Jehovah's Witnesses; 7.4 percent considers itself agnostics or atheists or without a religion (about 12 million); 1.3 percent follows Spiritism (about 2.2 million); 0.3 percent follows African traditional religions such as Candomblé and Umbanda; and 1.7 percent are members of other religions. Some of these are Buddhists (215,000), Jews, Muslims, or a mixture of different religions.



Culture



The core culture of Brazil is derived from Portuguese culture, because of its strong colonial ties with the Portuguese empire. Among other influences, the Portuguese introduced the Portuguese language, Roman Catholicism and colonial architectural styles. The culture was, however, also strongly influenced by African, indigenous and non-Portuguese European cultures and traditions. Some aspects of Brazilian culture were influenced by the contributions of Italian, German and other European immigrants who arrived in large numbers in the South and Southeast of Brazil. The indigenous Amerindians influenced Brazil's language and cuisine; and the Africans influenced language, cuisine, music, dance and religion.

Brazilian art has developed since the 16th century into different styles that range from Baroque to Romanticism, Modernism, Expressionism, Cubism, Surrealism and Abstractionism.

Brazilian cinema dates back to the birth of the medium in the late 19th century and has gained a new level of international acclaim in recent years.

Music

Brazilian music encompasses various regional styles influenced by African, European and Amerindian forms. It developed distinctive styles, among them samba, MPB, choro, Sertanejo, brega, forró, frevo, maracatu, bossa nova, and axé.

Literature

Brazilian literature dates back to the 16th century, to the writings of the first Portuguese explorers in Brazil, such as Pêro Vaz de Caminha, filled with descriptions of fauna, flora and natives that amazed Europeans that arrived in Brazil. Brazil produced significant works in Romanticism – novelists like Joaquim Manuel de Macedo and José de Alencar wrote novels about love and pain. Alencar, in his long career, also treated Indigenous people as heroes in the Indigenist novels *O Guarany*, *Iracema*, *Ubirajara*.

Cuisine

Brazilian cuisine varies greatly by region, reflecting the country's mix of native and immigrant populations. This has created a national cuisine marked by the preservation of regional differences. Examples are Feijoada, considered the country's national dish; and regional foods such as vatapá, moqueca, polenta and acarajé.

Brazil has a variety of candies such as brigadeiros, cocada and beijinhos. Peanut is used to make paçoca, rapadura and pé-de-moleque. Local common fruits like açaí, cupuaçu, mango, papaya, cocoa, cashew, guava, orange, passionfruit, pineapple, and hog plum are turned in juices and used to make chocolates, popsicles and ice cream.



Popular snacks are pastel, coxinha, pão de queijo, pamonha, esfirra, kibbeh, empanada and empada little salt pies filled with shrimps or hearth of palm.

But the everyday meal consist mostly of rice and beans with beef and salad. Its common to mix it with cassava flour. Fried potatoes, fried cassava, fried banana, fried meat and fried cheese are very often eaten in lunch and served in most typical restaurants.

The national beverage is coffee and cachaça is Brazil's native liquor. Cachaça is distilled from sugar cane and is the main ingredient in the national cocktail, Caipirinha.

Poverty

The level of poverty in Brazil is well above the norm for a middle-income country. Within Brazil, there are wide disparities in the extent of poverty. More than half of all poor Brazilians live in the Northeast. In spite of urbanization, rural and urban areas contribute equally to national poverty. Poverty disproportionately affects the young. The participation of children in the labor force in Brazil is at least twice as high as in any other country in Latin America. In the North and Northeast regions, about a quarter of children under the age of five suffer from chronic malnutrition. Poverty alleviation programs should focus more on children than they do now.



Poor rural households are concentrated in the Northeast. The household head is illiterate (frequently even if he attended school) and works in agriculture. About half are smallholders or sharecroppers. The rest are employees or temporary workers. Poor households are large--they have nearly twice as many children as the better-off. Access to utilities is rare.

Poor urban households are evenly dispersed between large cities and small towns; 40 percent live in the Northeast. They have more young children than wealthier

households and spouses are not likely to participate in the labor market. The household head tends to be young, does not have a labor card, and most commonly works in services. Many are self-employed. A quarter of these household heads are illiterate; about half attended school for four years or less. These households have significantly less access to water and sanitation services than do better-off urban households.

SURVIVAL GUIDE

Etiquette

Meeting Etiquette

- Men shake hands when greeting one another, while maintaining steady eye contact.
- Women generally kiss each other, starting with the left and alternating cheeks.
- Hugging and backslapping are common greetings among Brazilian friends.
- If a woman wishes to shake hands with a man, she should extend her hand first.

Gift Giving Etiquette

- If invited to a Brazilian's house, bring the hostess flowers or a small gift.
- Orchids are considered a very nice gift, but avoid purple ones.
- Avoid giving anything purple or black as these are mourning colours.
- Handkerchiefs are also associated with funerals, so they do not make good gifts.
- Gifts are opened when received.

Dining Etiquette

- If you are invited to a Brazilian's house:
- Arrive at least 30 minutes late if the invitation is for dinner.
- Arrive up to an hour late for a party or large gathering.
- Brazilians dress with a flair and judge others on their appearance. Casual dress is more formal than in many other countries. Always dress elegantly and err on the side of over-dressing rather than under-dressing.
- If you did not bring a gift to the hostess, flowers the next day are always appreciated.

LANGUAGE

The official language of Brazil is Portuguese, which almost all of the population speaks and is virtually the only language used in newspapers, radio, television, and for business and administrative purposes. The exception to this is in the municipality of São Gabriel da Cachoeira where Nheengatu, an indigenous language of South America, has been granted co-official status with Portuguese. Brazil is the only Portuguese-speaking nation in the Americas, making the language an important part of Brazilian national identity and giving it a national culture distinct from those of its Spanish-speaking neighbors.

Brazilian Portuguese has had its own development, influenced by the Amerindian and African languages. As a result, the language is somewhat different, mostly in phonology, from the language of Portugal and other Portuguese-speaking countries. These differences are comparable to those between American and British English.

In 2008, the Community of Portuguese Language Countries, which included representatives from all countries with Portuguese as the official language, reached an agreement on the reform of Portuguese into one international language, as opposed to two diverged dialects of the same language. All CPLP countries were given from 2009 until 2014 to adjust to the necessary changes.

Minority languages are spoken throughout the nation. One hundred and eighty Amerindian languages are spoken in remote areas and a number of other languages are spoken by immigrants and their descendants. There are significant communities of German and Italian speakers in the south of the country, both of which are influenced by the Portuguese language. Brazil is the first country in South America to offer Esperanto to High School students.

English	Brazilian Portuguese
Welcome	Bem-vindo (>m) Bem-vinda (>f) Bem-vindos (pl)
Hello (General greeting)	Oi! E aí? Tudo bem? Tudo certo? Opa!
Hello (on phone)	Alô?
How are you?	Como está? Como vai? Como está indo? Como estamos? (inf) Tudo bem? Tudo certo? Beleza? E aí? Tudo jóia? (vinf)

Reply to 'How are you?'	Bem obrigado. E você? (m) Bem obrigada. E você? (f) Tudo bem, obrigado. E você? (m) Tudo certo, obrigado. E você? (m) Tudo beleza, obrigado E você? (inf/m) Tudo jóia, obrigado E você? (inf/m) Estou bem, obrigado(a). E você? (frm) Está tudo, obrigado(a). E com você? (inf)
Long time no see	Nossa! Quanto tempo! Há quanto tempo! Há quanto tempo não nos vemos! Há quanto tempo não te vejo! Há muito não te via! Há tempos não te vejo! Há tempos não nos vemos! Há um longo tempo não nos vemos!
What's your name?	Como se chama? (frm) Qual é o teu nome? (inf) Qual é o seu nome? (inf) Como é o seu nome? (frm) Como é o teu nome? (inf) Como você se chama? Qual é o seu nome? (frm) Qual é o teu nome? (inf) Qual a tua graça?
My name is ...	Chamo-me ... Eu me chamo ... O meu nome é ...
Where are you from?	De onde você vem? (frm) De onde o senhor vem? (frm) De onde a senhora vem? (frm) De onde você é? (inf) De onde o senhor é? (frm) De onde a senhora é? (frm)
I'm from ...	Venho de ... Sou de ...

Pleased to meet you	Prazer Prazer em conhecê-lo (>m) Prazer em conhecê-la (>f) Prazer em conhecê-los (>m / >mf) Prazer em conhecê-las (>ff) Encantado (m) Encantada (f) Satisfação
Good morning (Morning greeting)	Bom dia
Good afternoon (Afternoon greeting)	Boa tarde
Good evening (Evening greeting)	Boa tarde
Good night	Boa noite
Goodbye (Parting phrases)	Adeus (frm) Tchau (inf) Até mais! Até breve (<i>see you soon</i>) Te cuida Tem cuidado (<i>take care</i>)
Good luck	Boa sorte!
Cheers! (Toasts used when drinking)	Viva! Saúde! (<i>health</i>) Tim-Tim!
Have a nice day	Tenha um bom dia! Tenha você um bom dia!
Bon appetit / Have a nice meal	Bom apetite!
Bon voyage / Have a good journey	Boa viagem!
I understand	Entendo
I don't understand	Eu não estou entendendo Não entendi
Please speak more slowly	Por favor fale mais devagar Por favor fale mais lentamente
Please write it down	Você pode escrever isso p'ra (para) mim por favor? Escreve isso p'ra (para) mim, por favor?
Do you speak English?	Você fala inglês? Fala inglês?

Do you speak Portuguese?	Você fala português? Fala português?
Yes, a little (reply to 'Do you speak ...?')	Sim, um pouco
Speak to me in Portuguese	Fale comigo em português
How do you say ... in Portuguese?	Como se diz ... em português? (frm) Como você diz ... em português? (inf)
Excuse me	Por favor! Com licença! Desculpe! Perdão! Desculpa! (inf)
How much is this?	Quanto custa? (inf) Qual o preço? (frm) Qual o preço disto? (frm) Qual o preço disso?
Sorry	Me desculpe! (frm) Desculpa! Desculpe-me! Lamento! Sinto muito! Sinto muitíssimo! (<i>I'm so sorry!</i>) Desculpe-me Desculpe Perdoe-me Perdão Mil perdões (<i>I'm sorry! Forgive me</i>)
Thank you	Obrigado (m) Obrigada (f) Muito obrigado/a Muito agradecido/a
Reply to thank you	De nada (inf) Não há de quê (frm)

Where's the toilet?	<p>Onde é o toalete?</p> <p>Onde fica o toalete?</p> <p>Onde é o sanitário?</p> <p>Onde fica o sanitário?</p> <p>Onde é o lavabo?</p> <p>Onde fica o lavabo?</p> <p>Onde é o lavatório?</p> <p>Onde fica o lavatório?</p> <p>Onde fica o banheiro? (frm)</p> <p>Onde há um banheiro? (inf)</p> <p>Onde há um banheiro por aqui? (inf)</p> <p>Onde eu encontro um banheiro? (inf)</p> <p>Onde eu acho um banheiro? (inf)</p> <p>Onde eu encontro um banheiro por aqui? (inf)</p> <p>Onde eu acho um banheiro por aqui? (inf)</p>
This gentleman will pay for everything	<p>Este homem pagará tudo</p> <p>Este senhor pagará tudo</p>
This lady will pay for everything	Esta senhora pagará tudo
Would you like to dance with me?	<p>Você quer dançar? (frm)</p> <p>Você dança? (inf)</p> <p>Quer dançar comigo?</p> <p>Gostaria de dançar?</p> <p>Dance comigo!</p>
How much is this?	<p>Quanto custa? (inf)</p> <p>Qual o preço? (frm)</p> <p>Qual o preço disto? (frm)</p> <p>Qual o preço disso?</p>
Sorry	<p>Me desculpe! (frm)</p> <p>Desculpa!</p> <p>Desculpe-me!</p> <p>Lamento!</p> <p>Sinto muito!</p> <p>Sinto muitíssimo! (<i>I'm so sorry!</i>)</p> <p>Desculpe-me</p> <p>Desculpe</p> <p>Perdoe-me</p> <p>Perdão</p> <p>Mil perdões (<i>I'm sorry! Forgive me</i>)</p>

Thank you	Obrigado (m) Obrigada (f) Muito obrigado/a Muito agradecido/a
Reply to thank you	De nada (inf) Não há de quê (frm)
Where's the toilet?	Onde é o toalete? Onde fica o toalete? Onde é o sanitário? Onde fica o sanitário? Onde é o lavabo? Onde fica o lavabo? Onde é o lavatório? Onde fica o lavatório? Onde fica o banheiro? (frm) Onde há um banheiro? (inf) Onde há um banheiro por aqui? (inf) Onde eu encontro um banheiro? (inf) Onde eu acho um banheiro? (inf) Onde eu encontro um banheiro por aqui? (inf) Onde eu acho um banheiro por aqui? (inf)
This gentleman will pay for everything	Este homem pagará tudo Este senhor pagará tudo
This lady will pay for everything	Esta senhora pagará tudo
Would you like to dance with me?	Você quer dançar? (frm) Você dança? (inf) Quer dançar comigo? Gostaria de dançar? Dance comigo!
I miss you	Você me faz falta
I love you	Amo-te Eu te amo Eu gosto de você Eu amo você Eu adoro você (I <i>adore you</i>) Eu tenho carinho por você (I <i>have affection for you</i>)

Get well soon	As melhoras! (inf) Que melhores logo! (tu) Que melhore logo! (você) Que melhorem logo! (vocês) Que melhoreis logo! (vós) Estimo melhoras! Estimo melhoras a você! Estimo melhoras a ti!
Go away!	Sai daqui Saia daqui Sai já daqui Saia já daqui
Leave me alone!	Me deixe em paz! (frm) Me deixa em paz! (inf) Larga-me! (inf) Deixe-me a sós! Me deixe a sós! Me deixe sozinho! Me deixe só! Largue do meu pé!
Help!	Ajuda! (inf/s) Ajudem! (inf/pl) Socorro!
Fire!	Fogo!
Stop!	Pare! (frm) Pára! (inf) Parem! (pl)
Call the police!	Chame a polícia! (frm) Chamem a polícia! (pl)
Christmas and New Year greetings	Feliz Natal e Bom Ano Novo Boas Festas e Feliz Ano Novo Feliz Natal e um Feliz Ano Novo Bom Natal e Bom Réveillon
Easter greetings	Boa Páscoa! Feliz Páscoa!
Birthday greetings	Parabéns! Feliz aniversário!

SAFETY

Traveling to a foreign country such as Brazil can offer the experience of a lifetime. However, in the midst of all this excitement you must also be cognizant of your surroundings and take certain precautions to ensure your safety. Like many of the countries in South America and around the world, Brazil has certain neighborhoods you might be wise to avoid, and the country is currently experiencing a higher than average crime rate due to an increase in gang activity in certain regions of the country.

To help you safely enjoy all that Brazil has to offer, below we have outlined a few travel safety tips you may want to keep in mind while visiting the country.

Travel in Groups

As the old saying goes, “there is safety in numbers.” Truer words have never been spoken. As you make your way through beautiful Brazil, en route to the various sites and attractions you’ve mapped out on your itinerary, always try to travel with at least one other person (even more if you can). Research shows that criminals are less likely to approach you when they feel outnumbered.

Make Copies of all Your Important Documents

Documents can easily be misplaced or even stolen in the hustle and bustle of foreign travel, creating a nightmarish situation you just don’t need. This is why you should make copies of all your important papers. This includes copies of your passport, visa, driver’s license, social security card and medical insurance card. Travel experts suggest you keep one copy of these documents on your person at all times, and at least one other copy locked in the hotel safe.

Beware of the Night

Sightseeing is an activity that should be limited to the daylight hours, as unsavory types tend to be hard at work during the nighttime, often preying on unsuspecting tourists. Enjoy your hotel during the nighttime hours, and if you must go out, try to stay in the immediate area.

Watch the Strays

Brazil has many stray dogs and cats roaming the streets, many of which are feral and quite dangerous. Even if the animal looks friendly, resist the temptation to pet him/her, as many of these strays are infected with diseases, including rabies.

Get Vaccinated

Although only people who have traveled to certain regions of the world are legally required to be vaccinated (for yellow fever) prior to entering Brazil, you may want to be on the safe side and receive certain vaccinations anyway. Check with your doctor regarding the vaccinations that would be appropriate when traveling to Brazil and don’t let a serious illness of some type ruin your long-awaited getaway.

Currency

The currency in Brazil is the Real (plural is Reais). It is pronounced like hay-ow (plural is hay-ice).



Exchanging Currency

In BRAZIL

The best rates can usually be found online, followed by the supermarkets and travel agents. Avoid the banks and airports at all costs as these offer the poorest rates.

In the UNITED STATES

In the USA you can use a bank or a travel agency to exchange your money. Many travel agencies offer exchange services, give better rates than banks and don't charge commissions. To determine the current rates for trading, you can go to www.travelex.com or any of the currency exchange sites.

Banking hours are from 10:00 am to 4:00 pm, Monday through Friday. Some HSBC branches open from 9:00 am to 6:00 pm.

ATM Machines of banks are generally open from 6:00 am to 10:00 pm (although it is common for the locks on the doors to be not operational). Note that not all ATM machines accept international credit cards. The machines that do accept international credit cards will have the symbol(s) of the types of international cards it accepts. Banks that typically have ATM machines that accept international credit cards are HSBC, Citibank and Banco do Brasil.

Generally, ATM machines that accept international credit cards are readily found in large cities. However, if traveling outside the city or to remote areas, it will be much more difficult to find an ATM machine. Please plan ahead.

Generally, it is advisable to arrive in Brazil with at least a small amount of local currency (Reais). Most Brazilian airports have an exchange desk or ATM machines.

Foreign currencies can be exchanged in shops with signs showing "Cambio". The exchange rates given for exchanging cash are generally better than those from withdrawing cash from a credit card from an ATM machine (especially with all of the little fees most card companies charge these days).

Be advised that you may encounter difficulties trying to get cash on a weekend. Several foreigners (from Canada and the USA) have encountered problems getting cash from ATM's after "normal" banking hours on a Friday. This is even from Citibank as well as the local Brazilian banks. Shops with signs showing "Cambio" may also not be in the exchange business on a Sunday.

IMR recommendations on money

- Bring only the amount that you intend to spend on gifts or small personal articles, including snacks.
- IMR does not pay for alcohol. If you intend to purchase alcohol, you are required to obtain and pay with a separate bill.
- You will be able to change money upon arrival. Please do so. We do not guarantee that you will be able to change money in small towns or during clinic.

TIME IN BRAZIL

Time in Brazil is calculated using standard time, and the country (including its offshore islands) is divided into four standard time zones - UTC-02, UTC-03, UTC-04 and UTC-05.

Only part of the country observes daylight saving time, or "summer time" (Portuguese: horário de verão), as it is officially called. These areas are the Southern, Southeast and Central-Western Brazilian states.

Brasília time –1 (UTC-04)[edit]

Outside of summer time, this time zone corresponds to UTC-04; during summer time, it changes to UTC-03, but this change is not followed by Northern states. This time zone is used in the states of Mato Grosso, Mato Grosso do Sul, Rondônia, Roraima, and most of Amazonas. Although this time zone covers about 34% of the land area of Brazil (an area larger than Argentina), little more than 5% of the country's population live there (about 11 million people, less than the city of São Paulo).[1]

Until 2008, the areas of the state of Pará west of the Xingu River and north of the Amazon River were also part of this time zone; then they joined the rest of the state in observing Brasília time (UTC-03). Although other

changes to Brazilian time zones enacted at that time have since been reverted (see below), Western and Northern Pará still remain in UTC-03.

EMBASSY INFORMATION

U.S. Embassy in Brasília

(for the states of Acre, Amapá, Amazonas, Distrito Federal, Goiás, Mato Grosso, Pará, Rondônia, Roraima and Tocantins)

Phone: 55 (61) 3312-7000 during Consulate's working hours (8am to 5pm)

Phone: 55 (61) 3312-7400 after hours

Fax: 55 (61) 3312-7651

E-mail: BrasiliaACS@state.gov

U.S. Consulate in Recife

(for the states of Alagoas, Ceará, Maranhão, Paraíba, Pernambuco, Piauí, Rio Grande do Norte and Sergipe)

Phone: 55 (81) 3461-3050 during Consulate's working hours (7:30am to 4:30pm) and after hours

Fax: 55 (81) 3231-1906

Email: RecifeACS@state.gov

U.S. Consulate General in Rio de Janeiro

(for the states of Bahia, Espírito Santo, Minas Gerais and Rio de Janeiro)

Phone: 55 (21) 3823-2000 during Consulate's working hours (8am to 5pm)

Phone: 55 (21) 3823-2029 only call this number after working hours

E-mail: acsrio@state.gov

U.S. Consulate General in São Paulo

(for the states of Mato Grosso do Sul, Paraná, Rio Grande do Sul, Santa Catarina and São Paulo)

Phone: (11) 3250-5000 during Consulate's working hours (8am to 5pm)

Phone: (11) 3250-8730 after hours

E-mail: SaoPauloACS@state.gov

Brazilian Consulates in the United States

Official Brazilian offices, including those in the United States, frequently go on strike. This may cause delays in the completion of official paperwork.

ATLANTA

3500 Lenox Road, suite 800

Atlanta, GA 30326

Phone: (404) 949-2400

Fax: (404) 949-2402

Website: <http://atlanta.itamaraty.gov.br>

E-mail: cg.atlanta@itamaraty.gov.br

Jurisdiction: Alabama, Georgia, Mississippi, South Carolina and Tennessee

BOSTON

175 Purchase St.,
Boston, MA 02110
Phone: (617) 542-4000
Fax: (617) 542-4318
Website: <http://boston.itamaraty.gov.br>
E-mail: contato.boston@itamaraty.gov.br
Jurisdiction: Maine, Massachusetts, New Hampshire, and Vermont

CHICAGO

401 North Michigan Ave., Suite 1850
Chicago, IL 60611-4207
Phone: (312) 464-0245
Fax: (312) 464-0299
Website: <http://chicago.itamaraty.gov.br/en-us/>
E-mail: central.chicago@itamaraty.gov.br
Jurisdiction: Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, Nebraska, North Dakota, South Dakota and Wisconsin

HARTFORD

One Constitution Plaza
Hartford, CT 06103
Phone: (860) 760-3100
Website: <http://hartford.itamaraty.gov.br>
E-mail: cghartford@itamaraty.gov.br
Jurisdiction: Connecticut and Rhode Island

HOUSTON

1233 West Loop South, Suite 1150
Houston, TX 77027
Phone: (713) 961-3063
Fax: (713) 961-3070
Website: <http://houston.itamaraty.gov.br>
E-mail: cg.houston@itamaraty.gov.br
Jurisdiction: Arkansas, Colorado, Kansas, Louisiana, New Mexico, Oklahoma and Texas

LOS ANGELES

8484 Wilshire Blvd., Suite 300
Beverly Hills, CA 90211
Phone: (323) 651-2664
Fax: (323) 651-1274
Website: <http://losangeles.itamaraty.gov.br/en-us/>
E-mail: cg.losangeles@itamaraty.gov.br
Jurisdiction: Arizona, Hawaii, Idaho, Montana, Nevada, Utah e Wyoming. The following counties in California: Imperial, Kern, Los Angeles, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara and Ventura

MIAMI

80 SW 8th Street, 26th floor
Miami, FL 33130
Phone: (305) 285-6200
Fax: (305) 285-6232
Website: <http://miami.itamaraty.gov.br/en-us/>
E-mail: cg.miami@itamaraty.gov.br
Jurisdiction: Florida, Puerto Rico and U.S. Virgin Island

NEW YORK

225 East 41st Street,
New York, NY 10017-6927
Phone: (212) 827-0976
Fax: (212) 827-9225
Website: <http://novayork.itamaraty.gov.br>
E-mail: cg.novayork@itamaraty.gov.br
Jurisdiction: Bermuda Islands, New Jersey, New York and Pennsylvania

SAN FRANCISCO

300 Montgomery Street, Suite 1160
San Francisco, CA 94104
Phone: (415) 981-8170
Fax: (415) 981-3628
Website: <http://saofrancisco.itamaraty.gov.br/en-us/>
E-mail: cg.sfrancisco@itamaraty.gov.br

Jurisdiction: Alaska, Oregon and Washington. The following counties in California: Alameda, Alpine, Amador, Butte, Calaveras, Colusa, Contra Costa, Del Norte, El Dorado, Fresno, Glenn, Humboldt, Inyo, Kings, Lake, Lassen, Ladera, Marin, Mariposa, Mendocino, Merced, Modoc, Mono, Monterey, Napa, Nevada, Placer, Plumas, Sacramento, San Benidito, San Francisco, San Joaquin, San Mateo, Santa Clara, Santa Cruz, Shasta, Sierra, Siskiyou, Solano, Sonoma, Stanislaus, Sutter, Tehama, Trinity, Tulare, Tuolumne, Yolo and Yuba

WASHINGTON, D.C.

1030 15th Street NW, Suite 280W,
Washington, DC 20005
Phone: (202) 461-3000 - Fax: (202) 461-3001
Website: <http://cgwashington.itamaraty.gov.br> (click here for General Visa Information)
E-mail: cons.cgwashington@itamaraty.gov.br
Jurisdiction: District of Columbia (DC), North Carolina (NC), Delaware (DE), Kentucky(KY), Maryland(MD), Ohio(OH), Virginia(VA), West Virginia(WV) and all Military Bases, except Guam

NOTE: For your safety, this information is also available on the back of your IMR badge.

WEBSITES

The following websites provide information on the country you are visiting. IMR highly recommends and encourages you to view these sites prior to departure. They are frequently updated and are a tremendous resource:

- ◆ Embassy of the United States for Brazil: <http://brazil.usembassy.gov/>
- ◆ State Department Travel Warnings: <https://travel.state.gov/content/passports/en/alertswarnings/haiti-travel-warning.html>
- ◆ CIA publication: <https://www.cia.gov/library/publications/the-world-factbook/geos/br.html>
- ◆ Travel Health online: <http://www.tripprep.com/>
- ◆ World Health Organization: <http://www.who.int/>
- ◆ Center for Disease Control: <http://www.cdc.gov/travel/>
- ◆ CDC for Haiti: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/brazil>
- ◆ CNN Weather Report: <http://www.cnn.com/WEATHER>
- ◆ Official Brazil Tourism Site: <http://www.haititourisme.org/>
- ◆ WIKI: <https://en.wikipedia.org/wiki/Brazil>
- ◆ UNICEF Statistics: http://www.unicef.org/infobycountry/brazil_statistics.html
- ◆ Lonely Planet: <https://www.lonelyplanet.com/brazil>

