



GUIDE FOR FOREIGN STUDENTS

Summary

Before you arrive	4
Study Visa	4
After you arrive	4
Chapter I: Documents and legal issues	5
Brazilian Taxpayer Number – CPF	5
National Migration Registry – RNM	5
How to get to the Regional Superintendence of Federal Police	6
When you arrive at Federal Police	7
Chapter II: The Federal University of ABC	9
Academic Support	9
UFABC Internet Access	9
Useful University App	9
University Bus Service	9
Bike Path – Santo André	10
University Restaurant	10
Payment Methods	10
Chapter III: Life in Brazil	11
Accommodation	11
Suggestions for finding a place	11
The Brazilian House	11
Transport in Brazil	12
Santo André Station	12
Tickets and Transport Cards	12
Ride-Hailing Application in Brazil	13
Transportation Options at Guarulhos Airport	13
Buses to other cities	14
Tourism	14
Mountains and Beaches	15
Foz do Iguaçu	16
Brasília: the Capital	16
Places to visit in winter	16
Wildlife	16
Birdwatching	17
Sao Paulo Tourism	17
Sao Paulo Countryside and nearby cities	18

Brazilian Cuisine	19
Brazilian Habits at Supermarkets and Restaurants:.....	19
Weather	20
Things to Know about Brazil.....	20
Security in Brazil.....	20
A green traffic light at a crossing does not always mean that it is safe to cross	20
Greetings in Brazil	21
First language principles.....	21
Appendix I: Documents for RNM Registration at Federal Police	22

Before you arrive

The first thing to arrange is the documentation. You will need to get some personal documents in your home country (or where you have been living for the past 5 years, depending on the document). These include your birth certificate, possibly a marriage certificate, a record of (absence of) criminal activities, a statement from your home university to prove your connection and finally a study visa.

For your *birth certificate*, you should probably ask the municipality where you were born, and this should be a matter of a few days at most. For proof of *absence of criminal activities*, you should probably ask the ministry of justice of your home country, or one of its affiliates. This step can take weeks, so it is wise to ask for this early on. At the same time, it is good to realize that the proof of absence of criminal activities has a limited validity, in most countries up to 6 months after issue. It is necessary to have a Portuguese version of the original birth certificate. Before traveling, it is also necessary to search for health insurance and hire it for the period of stay.

Study Visa

The visa must be obtained BEFORE the student's entrance in Brazil at any Brazilian consulate. All the students must get a special type of visa called **TEMPORARY VISA ITEM IV** to be able to enter in Brazil. The Brazilian Consulate within your area of jurisdiction will require you to fill out a visa application form to [obtain a student visa type IV](#).

After you apply for your student visa and receive it, **do not forget to bring your original and copy of the approved visa application form and your original birth certificate with you to Brazil. You will need it to register your visa at the Federal Police Department within 90 days of your arrival** (be aware that this period starts to count from the date of your arrival in Brazil, and not the beginning classes date).

After you arrive

After your arrival in Brazil, you need take your student card at the International Affairs Office and go through Federal Police.

Regarding to documentation, the first thing you can arrange is some proof of the address where you are staying, even if it is only temporarily. In the meantime, you can make some pass photos. You will need approximately six black-and-white photos in which you look directly into the lens. The background needs to be white. In shopping centers or shopping streets, there are often places where they make photos. You should ask for 3x4 (foto três-por-quatro) photo. That should be enough information for them to do a good job. Now, you can have more detailed information about all procedures and documents you must request in Brazil.

Chapter I: Documents and legal issues

Brazilian Taxpayer Number – CPF

The Brazilian Taxpayer Number (CPF) is not a mandatory document for foreigners, but it is essential for those who live in Brazil for a long period, being required to open bank accounts and formalize several contracts, such as the rental one.

The CPF is obtained at the Brazilian embassy or Consulate nearest to your country of origin through [an online form](#) and by providing documents required on the same page.

If the CPF is not requested abroad, it can be obtained in Brazil at Receita Federal (once you have a proof of address, you can arrange your CPF). You will get a paper with your fiscal number. You will need this for other formalities. You will need to bring your passport, proof of address, and birth certificate [and maybe other documents]. The nearest Receita Federal headquarter to the Federal University of ABC is located in Santo André, at José Caballero Avenue, 35 - Downtown, Santo André - SP, Zip code 09040-902. The citizens' service hours are from 9:00 to 13:00.

This can be done in one afternoon, so if you go to the Receita Federal of Santo André, you could use the rest of the day to explore the city center or the university library (the university has electronic gates, through which you cannot go unless you have an appointment, or if you can acquire some temporary pass), which is not too far away. Central Park is also a nice option, it has a science museum on the side.

Opening a bank account in Brazil

Opening a bank account is optional. All places in Brazil accept cash, but you can choose to have a credit or debit card in order not to go out with money. The most famous banks in Brazil are [Banco do Brasil](#), [Bancoop](#), [Banrisul](#), [Bradesco](#) (that has an agency on campus), [Caixa Econômica Federal](#), [Itaú](#) and [Santander](#).

Before you go to the bank, think of a four or 6-digit and an 8-digit code that you would like to use for your banking business. Take all of your documents, particularly your passport, CPF, proof of address, and birth certificate (each bank has its own procedure for opening an account, so it is necessary to contact the bank of interest for more information).

National Migration Registry – RNM

The foreigner who will stay more than 90 days in Brazil must register a document called RNM with the Federal Police. Once you have arrived, you can make an appointment at the Federal Police. You should schedule an appointment at the headquarters of the Federal Police in Sao Paulo, near the Lapa train/metro station. Other offices of the Federal Police, such as the one in Santos, do not accept immigration requests for people who are going to live in the Sao Paulo area.

Before the appointment, you have to [enter your data on a website](#) of the Federal Police. After these are processed, you should be able to schedule an appointment, but unfortunately, this usually does not work sometimes (depending on the time of year, students do not need to schedule, you can find this information on the Federal Police website or by speaking with the International Relations Office before make your appointment).

See Appendix I for a [full list of documents](#) to bring to the Federal Police.

How to get to the Regional Superintendence of Federal Police

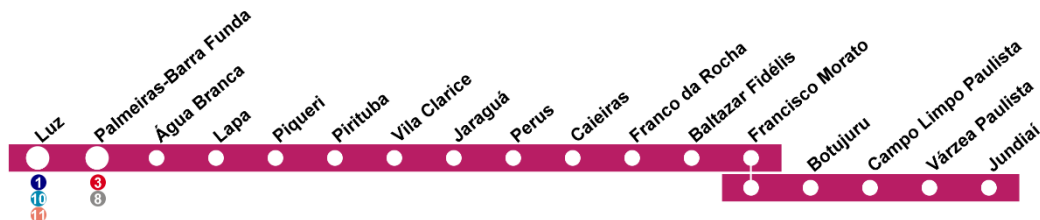
Make sure you arrive at the Federal Police early in the morning, around opening time. At the Federal Police, there are often long queues of immigrants, mostly refugees, so waiting times of 1-2 hours are the normal.

The headquarters of the Regional Superintendence of Federal Police in Sao Paulo is located at Hugo D'Antola Street, 95, Lapa de Baixo - Sao Paulo / SP – Zip code 05038-090. To go by public transportation, assuming the starting point is the Santo André train station - Line 10 *Turquesa* (the closest station to the Santo André Campus), the route is as follows:

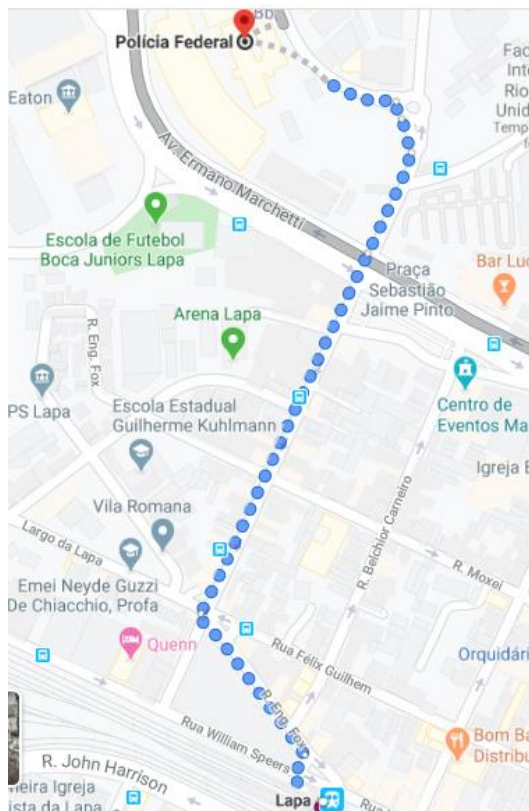
- 1) Take Line 10 (*Turquesa*) from Santo André Station to Brás Station. Brás is the final destination of this Line:



- 2) At Brás, walk 2 minutes inside the train station and take Line 7 *Rubi* in direction of Francisco Morato Station. Get off the train at Lapa Station.



3) Walk 9 minutes to Federal Police. See the map below for walking directions:



Lapa

Lapa de Baixo, São Paulo - SP, 05065-010

- ↑ 1. Head northeast on R. Eng. Fox toward Rua William Speers
27 m
- ↩ 2. Turn left to stay on R. Eng. Fox
150 m
- ↪ 3. Turn right onto R. Eng. Aubertin
350 m
- ↑ 4. Continue onto Rua Ricardo Cavatton
100 m
- ↩ 5. Slight left to stay on Rua Ricardo Cavatton
32 m
- 📍 6. At the roundabout, take the 1st exit onto R. Hugo D'Antola
19 m
- ↩ 7. Turn left to stay on R. Hugo D'Antola
72 m

Polícia Federal

R. Hugo D'Antola, 95 - Lapa de Baixo, São Paulo - SP, 05038-090

When you arrive at Federal Police

At the Federal Police, just to get a number at the first counter. At this counter, they will ask what you want and they will check whether you have the required documents. If you miss one document or if you cannot make clear what you want, you will be sent away, so it is handy if a Portuguese-speaking person can accompany you. One of the employees at the Federal Police speaks English though, so if you are lucky you can get through with English only. It may also be handy to write some things down on paper, for example the exact purpose of your visit to the Federal Police, and explanations in case you could not obtain one of the required documents. You should count on being sent away though. It is important to realize that Federal Police procedures might be confusing sometimes. They may tell you that you need a new visa while yours is clearly new, or something similar. If you experience any trouble, such as in the scheduling of the appointment, you should produce the evidence, e.g. a screen print of the webpage that denies you the appointment. It is better to have a dozen of such screen prints, if you want to convince the employees there. You should be assertive but not arrogant if you want to get through - a delicate balance. To be assertive, you need to know the language. Still, you are likely to be sent away, and you will have to make a new appointment, maybe several times. If you get stuck or do not know how to proceed further, ask the university for help. If you do get a ticket at the first counter, you will have to wait a bit longer until you are called to an employee who enters your data into a computer. Still a bit later, often well in the afternoon, you will be called a final time to take your fingerprints and some photos of you. They will give you a scrap of paper with your ID-number, which you can use until your immigration pass is ready. Normally they will give you an estimate when the pass should be ready. You typically do not receive a

notice of this, but after a few months you can take the gamble to pick it up. This step usually goes very quickly, but it requires another journey to the Federal Police.

Chapter II: The Federal University of ABC

SANTO ANDRÉ



SÃO BERNARDO DO CAMPO



Academic Support

The Graduate Office, International Affairs Office and the Coordination Programs are able to provide general and academic assistance to foreign students. You can contact the departments by email or personally.

UFABC Internet Access

The password to access the UFABC network on the campus of **Santo André** is **85265**, and the password to use the internet on the campus of **São Bernardo do Campo** is **ufabc2012**. It is also possible to connect to the EDUROAM network, which automatically connects to other universities in the country. The Wi-Fi settings guide to access the EDUROAM network is available for [Android](#) e [IOS](#).

Useful University App

When you start studying at the university, it is recommended to install the following application on your phone:

- a) UFABC: the [university app](#), developed by UFABC itself, offers useful tools for the daily life of community users. It is possible to access the university bus schedules and itineraries, the weekly menu of the university restaurant, events, latest news, in addition to the academic and administrative calendars.

University Bus Service

The university has a bus service that runs between both campuses, and after 8 pm, it stops at the East Terminal in Santo André as well. The entire academic community can use the bus service for free, upon presentation of the identity card provided by the Human Resources

Department. All departure times are available on the UFABC application or on the website of the University [City Hall](#).

Bike Path – Santo André

UFABC built a bike path that starts near the main entrance to the Santo André campus and runs through the Metropolitan East Terminal. The lane passes in front of the Carrefour Supermarket, parallel to States Avenue, crossing at the time of Antonio Cardoso Avenue until entering the roundabout States Avenue. Then, the bike lane goes along the parallel walk to *Augusto Ruschi* Street, passing in front of the entrance to *Assaí* Market as far as its end at the intersection with *Visconde de Taunay* Street, in the East Terminal.

University Restaurant

Both campuses have a university restaurant with vegetarian options on the [menu](#). Each meal costs R\$ 3.44 (three reais and forty four cents), and [it can be paid](#) through the identity card provided by the International Affairs Office. The restaurants operate at the following times:

Meal	Days	Schedule
Lunch	Monday to Friday	11:00am – 2:00pm
Dinner	Monday to Friday	5:30pm – 8:00pm

Payment Methods

The restaurants accept credit or debit cards, as well as cash. Moreover, there is a system for charging credits into your university identity card, debiting the amount for each meal. The credit charge can be done at the restaurant cashier.

of researchers from UFABC, the registration must be done through the PROPES' [online form](#).

Chapter III: Life in Brazil

Accommodation

Generally, a rental contract in Brazil is signed for a period of 30 months, but it can be terminated without fine payment after the 12th month, as negotiated between the parties.

If you are going to stay less than 12 months in Brazil, other kinds of accommodation are suggested instead of renting a place.

Suggestions for finding a place

First, the foreigner must choose the region where he/she wants to live, and among main options are the Center of Sao Paulo (downtown) and the ABC region. In the case of ABC region, the most common cities to find houses are Santo André, São Bernardo do Campo or even São Caetano do Sul. In the Center of Sao Paulo, some of the best neighborhoods are located near to public transportation, such as *Paulista Avenue*, *Paraíso*, *Vila Mariana*, *Jardins*, *Liberdade*, *Vila Prudente* and *Ipiranga*. Some of the Brazilian pages to students find houses are:

- a) “Morar UFABC” & “Repúblicas UFABC” (Facebook groups):
<https://www.facebook.com/groups/508526529199286/>;
<https://www.facebook.com/groups/633597580013005/>.
- b) [Airbnb](#);
- c) [Roomgo](#);
- d) Hostels: there are no certified hostels in Santo André or São Bernardo do Campo, but there are plenty in São Paulo close to subway stations, which makes it easy to reach Santo André by train. We suggest either one of two hostels that are part of Hostelling International. One of them is Praça da Árvore Hostel, close to Praça da Árvore subway station. You can make reservations on their website (in English). The other one is Pousada dos franceses, close to Avenida Paulista, and you can make reservations on their website (in English) and find more information about it.

The Brazilian House

Brazilian houses differ from European houses in a number of ways. Most houses do not have any central heating. In the Sao Paulo and ABC region water is treated, and although it is officially drinkable, you may want to use a water filter. You can buy these in the larger supermarkets and in some other shops with equipment for use in the house. Showers are equipped with special heaters, and fuses sometimes burn if you set the water temperature in the shower at the highest level. Dishwashers are not very common, but they and washing machines usually operate with cold water.

Bathrooms have bins for toilet paper - the sewage system can get blocked by it. Be aware that most power outlets have only half the voltage of what is used in Europe and other places, but this is not really a problem. European plugs fit into the Brazilian power outlets.

Due to high temperatures and insects, you have to store many things in the fridge. If you leave a cake on the shelf, it will be covered in ants within hours. It is not uncommon to put tomatoes and even sugar in the fridge. You can easily dry the laundry outside, as long as you have a roof over it. Strong winds are very rare, so you do not need to fasten the clothes with clothespin depending on the house.

Garbage is collected multiple times per week. In the evening and night some people start driving around the streets on a motorbike, with a siren on. They are a kind of private security and get paid for that, so do not call the police. It makes people feel more secure. You may want to look for a place that shuts out this noise, but it will not be easy. Brazilian houses are usually quite open to wind and sound. At the same time, they are always properly fenced to keep unwanted people out.

Transportation in Brazil

Access to the ABC region is mainly by bus or train. For those who come from the center of São Paulo to Santo André, the integration of train and subway is often the best option. As for São Bernardo do Campo, access is made by trolleybus or bus.

The nearest train station to the Campus of São André (approximately 15 minutes walking) is “Mayor Celso Daniel - Santo André”, line 10 *Turquesa*. To find the best route, download one of the most complete applications: [Moovit](#). In addition, consult the [subway map of SP](#) and the [passenger guide](#) (available in English) for additional information.

With the [subway map of SP](#) you should be able to find your way in the metro and train system. Trains go quite frequently, usually every 15 minutes, so you do not really have to figure out their schedule. Metros in the city center go even more frequently, often every 5 minutes or even faster. Nevertheless, there is often barely enough space to take every traveler in, during rush hours.

Bus stops typically have no timetables, nor information about the lines that stop there. You will need to consult the internet to find these things out

Santo André Station

It is worth highlighting some important information regarding the Santo André Mayor Celso Daniel station, the closest to the UFABC Campus.

There are 2 (two) accesses to the station: the first is the main access at Itambé Street, 87, where the ticket office is located, and also the best place for boarding and disembarking “Uber” and “99 Taxi”. The main entrance is open from 4 am to 12 am, and it is in front of the Urban Bus Terminal and less than a 10-minute walk from [Grand Plaza Mall](#).

The second entrance is the place where the UFABC bus stops, next to the East Terminal. It operates from 7 am to 11 pm and does not have a ticket office nearby, however it is possible to go from one entrance to another through the station’s underground access.

Santo André Express

The ride known as Line 10 Express (*linha 10 Expresso*) works between the *Tamanduateí* train station (access to the metro) and Santo André Mayor Celso Daniel station, with a stop only at *São Caetano do Sul* station, during peak hours from Monday to Saturday. The ride takes about ten minutes and trains depart at every 30 minutes. In the morning, trips occur between 6 am and 9:30 am, and in the afternoon, from 4 pm to 8:15 pm.

Tickets and Transport Cards

São Paulo has an excellent metro and train network. Although the train network is integrated with the metro network, they are operated by different companies (CPTM for the trains), which use different tickets. The tickets for the metro are blue and the tickets for the train are red. They currently cost R\$ 4.40 (four reais and forty cents). It may be handy to have a few of each in your

possession to avoid queues, especially at peak hours, between 6 am and 8 am and between 4 pm and 7 pm at night. Currently, the unit price of the ticket is R\$ 4.40.

There are ticket offices spread across all Sao Paulo train and metro stations. After entering the network, you can freely switch between metro and train throughout the greater Sao Paulo region, as long as you do not leave the station. Sometimes you do have to leave the station if you made a mistake and want to head back to where you came from

If you will take the train or the metro frequently, it is easier to obtain a transport card, what can take a few days. The main public transportation cards are:

- a) [Bilhete Único](#): this card is accepted for municipal buses, train or metro. Registration must be done online through the Ticket page. After purchasing the card, passengers can find self-service machines around the stations and add credits by themselves.
- b) The [cartão fidelidade](#) is accepted in train and metro stations and it can be purchased and refilled at Tickets Offices Recharging Booths located at the stations. It is recommended to reload several tickets at the same time, as the ticket price is cheaper, depending on the number of trips recharged, which may be 8, 20 or 50 in order to have a discount.
- c) [Cartão BOM](#): it can also be used to access public transport in the metropolitan region of Sao Paulo, which includes the city of Santo André. Both registration and recharging of credits can be done through the internet on the BOM card page.

Payment Exemption

People over 60 years are exempt from the payment of tickets on public transportation in Sao Paulo. In this case, the passenger must present an identification document when entering the station or requesting the [BOM Free Access](#).

Ride-Hailing Application in Brazil

In Brazil, it is common to use two main companies of ride-hailing application: [Uber](#) and [99 Taxi](#). They have affordable prices, are safe and are used mainly for short trips. It is possible to share a trip with another person, and some precautions are welcome, such as avoiding early hours, not choosing dark or remote boarding points and remembering to ask the driver to confirm your name before starting a trip.

To start to use, you must download the application and register for creating an account. When you register, you can choose the payment methods you prefer. Not all drivers accept payment in cash, in this case the user can register the credit card data as one of the payment options.

Transportation Options at Guarulhos Airport

For those arriving at or departing from Guarulhos International Airport, there are some options for getting around, such as the taxi service, chartered bus or public transport. The GRU Airport also offers [shuttle between terminals](#) 1, 2 and 3 for free, which are easily identifiable and pass in a 15 minutes gap approximately.

Taxi Service:

The Guarucoop is the official business of Guarulhos taxi drivers to operate at the airport. Open 24 hours a day, telephones for contact and service desks are in terminals 1, 2 and 3, as indicated on [Guarucoop website](#).

In addition, “Uber” and “99 taxi” services are also available at Guarulhos Airport, at [the meeting point](#) of each Terminal. The application itself will also indicate the meeting point if you activate your GPS.

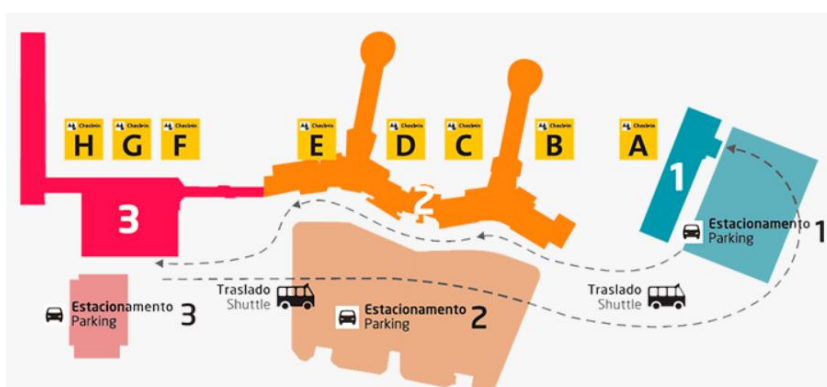
Chartered bus:

The bus terminal at Guarulhos Airport is located on the East Arrivals floor of Terminal 2, there are several companies with different destinations. You can find prices, times, destinations and contact numbers on [the Airport page](#).

Public Transportation:

The [Airport–Guarulhos Train Station](#) (line 13 – *Jade*) connects the GRU Airport to Goulart Engineer station, from where you have access to Line 12 - *Safira*, which ends the Connect stations in Tatuape, Bras or the Airport Express at *Luz* Station. The line 13 (*Jade*) works at the following times: Sunday to Friday, from 4 am to midnight; and on Saturdays, from 4 am to 1 am, and it is also recommendable [consult the opening yours of](#) all stations and lines.

The station Airport-Guarulhos is near to the parking lot of Terminal 1, and from there passengers can board the transfer service free to reach the others terminals.



Buses to other cities

Long-distance travel within Brazil has two main forms: by plane or by bus. There are railways, but these are only used for transportation of people in the biggest cities, or for freight transport between cities. Long-distance

buses come with chairs in different levels of relaxation, going all the way till flat, resembling a bed. These chairs cost more than regular chairs that remain upright. Many lines operate at night. They usually make stops for lunch and dinner, and additional brief stops to allow visits to the bathrooms in restaurants. Normally the buses also have a toilet on board, and they are also usually air-conditioned well. When boarding a bus you need some kind of identifying document.

Tourism

Brazil has a huge tourist potential, mainly because of its natural beauty and cultural diversity. It is a vast, sprawling country, with much to see and do -- from the Amazon rainforests to the civilized beaches of Rio to the restored colonial buildings of Salvador and the hundreds of frolicking dolphins of Fernando de Noronha.

With more than 40 million inhabitants, Sao Paulo is home to the main financial, industrial and research centers in the country.



Carnival is the most popular party in Brazil. Carnival parties are adapted according to local history and culture.



There are only 7 wonders of the world, Christ the Redeemer Statue is one of them. Always with open arms, he is more than 700 meters above sea level in Rio de Janeiro.



2095 is the number of beaches in Brazil.



Brazilian cuisine is incredible. Among the most famous dishes is feijoada and brigadeiro, as well as many exotic fruits.

Mountains and Beaches

In the summer, there are several famous walks along the Brazilian beaches and mountains, such as at main beaches in *Rio de Janeiro*: *Arraial do Cabo*, *Búzios* and *Paraty*. There are also beautiful beaches in the south in cities as *Florianópolis*, *Ilha do Mel* and *Balneário Camboriú*.

The Northeast is known for having a unique landscape, and it is possible to travel in all months of the year, as the climate remains mild in winter. Among the most sought after destinations in the Northeast are *Bahia*, *Alagoas*, *Pernambuco*, *Fortaleza* and *Lençóis Maranhenses*. There are also several cities known for their incredible waterfalls, many of them in *Minas Gerais*. The state is also famous for its rich cuisine and welcoming people. *Belo Horizonte*, capital of *Minas Gerais*, is an excellent destination for those who want to mix tranquility and the bustling of a metropolis. For those who want to be close to nature, cities as *Capitólio*, *São Tomé das Letras* and *Ouro Preto* are mandatory stops.



Foz do Iguaçu

A popular destination is *Foz do Iguaçu*, home to one of the largest waterfalls in the world: Iguaçu Falls. It is possible to visit the main points in just 3 days, but there are [attractions for a tour of up to 7 days](#).

Brasília: the Capital

The capital of Brazil was designed by the architect Oscar Niemeyer and is a beautiful city, with unique urbanism and architecture. The best time to [visit Brasília](#) is from April to June, when it rains little and the flowering of Ipês beautifies the city. Among the main tourist attractions of the city are the Metropolitan Cathedral, Itamaraty Palace, JK Memorial, the Brasília Botanical Garden and the Paranoá Lake.

Places to visit in winter

Believe it or not, it also snows in Brazil. In the southern end of the country, the temperatures plummet below freezing during the months of winter with constant frosts and occasional snow.

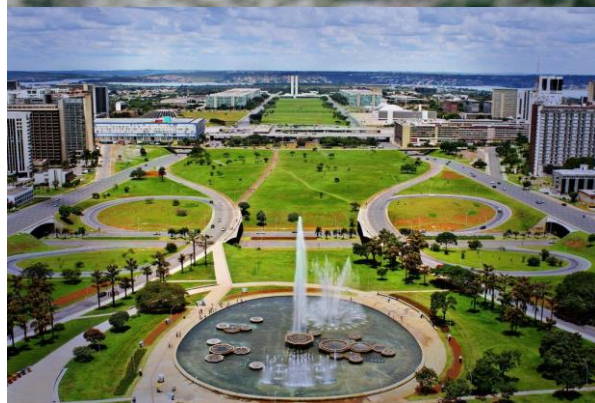
Despite being a tropical country, Brazil has places known for their winter beauty, which is the case for many cities in the South, famous for their landscapes this season. The main cities are *Gramado*, *Canela* and *Vale dos Vinhedos* in *Rio Grande do Sul* and the city of *Morretes* in the state of *Paraná*.

There are two other famous options close to the Sao Paulo metropolitan area, where you can go by car: *Campos do Jordão* in Sao Paulo and *Monte Verde* in the state of Minas Gerais. They are great options for a weekend or long holiday.

Wildlife

Brazil's wildlife is amazing, though not as well-known as for example Africa's wildlife. Big animals such as jaguars, pumas, ocelots, tapirs, ant-eaters, capybara's, the maned wolf, harpies, emas, and caymen can be found not just in the Amazon, but also in other parts of Brazil. To see capybaras you only need to go the *Parque Ecologico do Tietê*, in the northeast of Sao Paulo, which is easily reachable by train. With some luck, you can also see capybaras in the Pinheiros River near the University of Sao Paulo. The other animals are harder to spot, but jaguars can be found in many places where there is still plenty of forest. In the Pantanal chances of spotting them, safely from a boat, are highest. The lobo-guara can be seen at the *Santuário da Caraça* in Minas Gerais, where it is attracted to food presented by the sanctuary, which is beautifully located between some mountain ranges.

If you go walking in the forests, you should be aware of some dangers and pitfalls. You should be aware that there can be venomous snakes, jaguars, caymen, mosquitoes, bees, and other



animals. Falling trees can also be dangerous, and you should know whether any rain was forecast. If you walk near rivers or smaller water currents, these can rise rapidly in case of rain. You should cover up well, and be aware that mosquitoes here have a strong preference for ankles. But they will accept other parts of exposed skin as well, as long as there is no repellent on it. You need good shoes that are not slippery. It is best to go with at least two people, and you may wish to hire a guide. In some places, guides are required by law, and you can get high fines for trespassing in protected natural areas without a guide. Bring water and food and cover against the sun. When you are entering unexplored terrain, make sure you can always trace your way back to the starting point. Bringing a lantern may also be a good idea.

Birdwatching

Along with Colombia and Peru, Brazil has the highest number of registered bird species in the world. It is therefore a good place to start your new hobby of bird watching. In Sao Paulo state, there are large pieces of preserved forest on the hills along the coast, the *Mata Atlantica*. These contain many colorful and otherwise interesting birds. Examples include the [Atlantic flycatcher](#) with its extravagant courtship display, the striped cuckoo with an odd display of its [wings](#), the colorful tanagers (the red-necked tanager in particular), trogons, and toucans, parrots, hummingbirds and many others.

Good places to start bird watching are the famous *Trilha dos Tucanos* in Tapirai, the cheaper but equally good *Samambaia Azul* in Peruibe, and *Folha Seca* and other places around Ubatuba city. These places have feeders that attract many different birds. Even with your cell phone you can take stunning pictures of these birds, sometimes even eating from your hands. A good camera is better though, and you should also not be afraid to get up early, around 6.00. The keen observer will also find interesting birds closer to home. There are white-eyed parrots in the center of Santo André for example, and various woodpeckers in the parks in ABC, and at the campus of Sao Bernardo some hawks can regularly be observed.

Wikiaves.com.br is a site specifically for Brazilian birdwatchers, with many photos and audio-recordings of any birds observed within Brazilian territory. eBird is another international birding website, with good overviews of which species have been observed in different locations.

Sao Paulo Tourism

Both the capital of Sao Paulo and the countryside of the state have several tour options. When visiting places such as museums, galleries and theaters, first check the website for timetables, advance purchase of tickets and special events. [Find here some tips](#).

Below are some of the main tourist spots located in downtown Sao Paulo. In addition, it is possible to visit some places through the [Free Walking Tour](#), a tourism company that offers guided tours to the main tourist spots in SP. The tours are in English and take place from Monday to Sunday, according to the schedule available on the company's website.



Pinacoteca of SP



Paulista Avenue



MASP - Museum



Liberdade Neighborhood



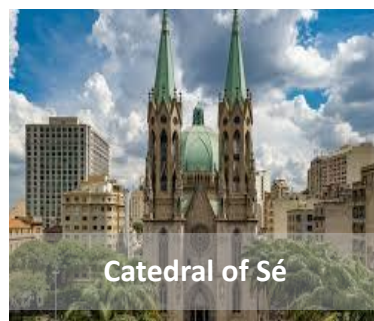
Ibirapuera Park



SP Theater



Municipal Market of SP



Catedral of Sé



Zu Lai Temple

Sao Paulo Countryside and nearby cities

A little further away from the Central region of Sao Paulo, there are several tourist cities to visit. There are options for those who want to rest or venture out.

CAMPOS DO JORDÃO



It is one of the main winter destinations. With a sophisticated style architecture, a city with beautiful landscapes, great cuisine, parks and a cable car.

SANTOS



Located about an hour from Sao Paulo, Santos is an ancient coastal city. Among the main attractions are the Museum of Coffee, the Pelé Museum and the tram ride through the historic city center.

EMBU DAS ARTES



It is a great option to spend the day and is less than one hour from the capital. Embu das Artes is known for its craft fair on Sundays, great restaurants and outlets.

Brazilian Cuisine

There are some foods in Brazil that just sum up everything good about cuisine in the country. The most famous Brazilian snacks are Chocolate Fudge Balls (*brigadeiro*), Brazilian cheese bread (*pão de queijo*), *empada*, *coxinha*, *pastel*, *tapioca*, *paçoca* and *quindim*; besides, those who visit or live in Brazil cannot fail to try dishes such as *feijoada*. Brazilians love candies and sweets, but there are many healthy options in the markets and restaurants daily, which include fish, fruits and vegetables, and vegan options as well.

The list of famous spots to eat in Sao Paulo is long, from fancy restaurants to bars and street foods. Whether showcasing authentic Brazilian cuisine or excelling in creativity, it is easily to find several options by doing a quick search on the internet.

Brazilian Habits at Supermarkets and Restaurants:

When you eat with Brazilians, you will almost certainly be served rice with beans. The beans are served in a nice sauce. The dish is often complemented with beef, and the healthy-minded Brazilian adds tomatoes and lettuce to that. To Brazilians, rice and beans are the basis of lunch and dinner meals. Potatoes are considered a vegetable like any other. Anything combines with rice, even lettuce. One of the most baffling aspects of Brazilian homemade dishes is that there is often no sauce at all, except the sauce in which the beans are cooked. In the rare cases that no beans are served, there is usually no sauce.

Breakfast usually consists of a sandwich with cheese and ham or butter, often toasted, fruits and coffee. Tea is not popular as coffee, and bread is usually white. Wheat bread is normally available in the largest supermarkets and bakeries.

A typical Brazilian phenomenon is the restaurant per kilo. Here you pay the weight of the food you eat, irrespective of what it is. Depends on the restaurant you will find rice, beans, beef, and many options of vegetables and salad on the menu. More fancy restaurants have additional options such as lasagna, feijoada, barbecue, or puree of *mandioca*. Pancakes exist, but stay tuned - they are filled with minced meat and tomato sauce, as you would fill a lasagna. Hence, they are not exactly like the sweet pancakes that the western world is accustomed to.

You can find all types of restaurants in the greater Sao Paulo region. They include pizzerias and hamburger places. However, you will not be able to buy a pizza for lunch easily, that option is reserved mainly for dinner.

When buying drinks on the street, you should be aware that Brazilians often put lots of sugar in the coffee, so you cannot opt out of the sugar. When you order a fruit juice, there is a chance that you get juice from a package, but most menus have natural juice. It is good to check for the presence of fresh oranges as pineapple, maracuja and other fruits. By default, they often serve the juice with lots of ice, sugar, and sometimes milk. Other juices such as melon, passion fruit, and strawberry may require some additional sugar if you like. If they have coconuts, you should try that. They will cut the nut open with a knife, and with a straw you can suck out the water inside. On request, they often cut open the coconut after you consumed the coconut water, so that you can eat the coco. All this often costs no more than 5 reais, although it can also cost 8 reais in tourist places. If you can only take juice from a package, soursop may be a taste to try. Beers often come in large 600 ml bottles.

In the larger supermarkets, you can purchase almost any food you like. In addition to foods known in Europe, there are amazing Brazilian fruits such as jabuticaba, guave (goiaba), cajá, cashew (caju), pitaya (originally Mexican), acerola, *açaí*, *atemoia*, soursop, and others. There are

also marmalades/jellies made of kiwi, apple and guava. Fruit fairs are very common in Brazil, and one of the most places to buy fruits and vegetables.

Mandioquinha (a kind of manioc) is a root vegetable that you definitely need to try as a substitute for (cooked) potatoes. The choice in sauces is limited. Supermarkets have shelves full of tomato sauces, and of cold sauces such as mayonnaise, catchup, and mustard. One often has to search well to find a shelf with soy sauces, and another shelf with other sauces that need to be heated up. Invariably, the available tastes are *queijo branco* (white cheese), “stroganoff” (an orange sauce resembling whiskey-cocktail sauce), and ‘madeira’ (brown, this one comes closest to gravy juice, but is much sweeter).

Overall, prices are not too different from the ones in Europe, but for individual items, there can be large differences. Imported items such as Belgian beers can cost up to 30 reais per bottle, very expensive. At the counter, the cashier is usually eager to put your purchases in plastic bags. You will have to say ‘eu nao preciso de sacola’ if you already have your own bag.

Weather

The Brazilian weather varies from state to state. While in winter it is possible to find snow air in the south of the country, many states in the northeast maintain high temperatures in all seasons. Thus, if you want to visit another state, consult the weather conditions of the region in advance. In the state of Sao Paulo, the temperature varies considerably, as shown in the image below. The summer is hot and rainy, and the winter is cold and humid, but it is worth mentioning that regardless of the season, it is advisable to have an umbrella and a jacket in your bag, because on the same day temperatures vary between 16 and 30 degrees (Celsius). The same recommendation is suitable for all UFABC Campuses, however São Bernardo do Campo is usually colder and windier in winter.



Things to Know about Brazil

Security in Brazil

Recommendations may vary from city to city, so consult in advance the recommendations of the city or state you wish to visit. When it comes to the Capital of Sao Paulo, cell phones are a preferred target for pickpockets and robbers, so keep it, as well as personal documents, in your wallet if you are walking on the street.

In some specific neighborhoods, it can be very risky to walk alone outdoors after 8 p.m., so it is recommended to use ride-hailing applications or public transport.

The Paulista Avenue region is properly policed and safe the whole time. The path between the campus of Santo André and train Station is safer on foot until 7 pm; after this time, it is recommended to use the university buses.

A green traffic light at a crossing does not always mean that it is safe to cross

During your stay in Brazil, always wait for every car to stop moving completely before you decide to cross a road by car or on foot. It is common for cars to start speeding up from far away as soon as the light turns orange and then skip through these lights once they have turned red. Whenever you are on foot, look for the nearest pedestrian crossing to cross the street, besides, when you are walking straight ahead on a street, do not expect cars coming from the back and turning right, into a street you are crossing, to wait for you.

Greetings in Brazil

Shaking hands has become a more common way of greeting someone, but do not be surprised if you get kissed on the cheek once (in Sao Paulo) or twice (in Rio de Janeiro and elsewhere), even when greeting someone to whom you have just been introduced. Men do not kiss each other on the cheeks, but greet one another with an open hug, using one hand to shake hands and the other to grab the man by the shoulder. These greetings are not only used between good friends and family members, but are also quite common between coworkers.

First language principles

As mentioned before, the university offers Portuguese courses. But you will need to speak to people right away, so here are a few phrases to help you get started:

Good morning,
afternoon, evening:
Bom dia, boa tarde,
boa noite

How are you?:
Tudo bem?
(A common greeting)

I want this, please:
Eu quero isso,
por favor!

Please:
Por favor

Sorry, I do not speak
Portuguese:
Desculpe, eu não falo
Português.

Thank you:
Obrigado!

Anything else?:
Mais alguma
coisa?

Sorry, I do
understand: Desculpe,
eu não entendo.

Bread, cheese and
ham:
Pão, queijo e presunto.

The 'm' at the end of a syllable, as in 'tudo bom', 'tudo bem' is pronounced like the nasal n in the French 'bon'.

Appendix I: Documents for RNM Registration at Federal Police

Registration with the Federal Police will be based on the following documents:

- ☐ Application form duly filled in electronically through the Federal Police website;
- ☐ 1 (one) 3x4 photo, recent, color, white background, plain paper, facing;
- ☐ Declaration of electronic address and other means of contact (appendix XIX of Interministerial Ordinance Number 3/2018), [available here](#);
- ☐ Copy of student's full passport, including cover;
- ☐ Original and copy of birth or Marriage Certificate or Consular Certificate (with parents name), when the travel document does not contain date on membership;
- ☐ Criminal record certificates (federal and state level) or equivalent document issued by the competent judicial authority where you have resided in the past five years;
- ☐ Declaration Form of criminal record (also known as Penal Certificate, Non-Conviction Certificate or Police Record Check) filled in and signed, [available here](#);
- ☐ Document that proves the financial conditions to live in Brazil during the study period (bank statement, for example);
- ☐ Copy of the Letter of Acceptance at UFABC;
- ☐ Copy and original of a statement that you are a student at a foreign university;
- ☐ Proof of payment (GRU) of the CRNM issuance fee, when applicable (revenue code 140120, of R\$ 204.77). Issue the [guia GRU](#) on Federal Police website for the payment fee;
- ☐ Declaration that you are not linked to research and / or teaching and / or academic outreach extension ([available here](#)).

*** Documents must be original and accompanied by a copy.**