SVRI Forum 2017
Being Heard - Welcome Pack

Instituto Promundo
www.promundo.org.br
Welcome to Rio de Janeiro!

- Brazil’s 2nd Capital City
- Samba, football, beaches, Cristo redento
- Tropical climate: 25-35 degrees. Sunset 17.45
- High rates of inequality (economic and racial)
- Over 700s favelas
- Divided into, North, South and West zones
Schedule

Sunday, 17th September:
• Arrivals

Monday, 18th September:
• 7.30am - Facilitators, SVRI and Promundo meeting.
• 9am - 5pm - Pre-conference workshop for Being Heard participants
• 7pm - 8.30pm - Dinner with all Being Heard participants

Tuesday, 19th September:
• 7.30am - Breakfast meet and greet for Being Heard participants with Together for Girls/The International Centre.
• Second day of SVRI Forum events
• 7pm - Meet and greet dinner with Being Heard participants and advisory board

Wednesday, 20th September:
• 10am - 12pm Session with the graffiti artist.
• Third day of SVRI Forum programmed activities
• Conference Dinner

Thursday, 21st September:
• Fourth and final day of SVRI Forum programmed activities
• 4.30pm - Closing plenary and Presentation of Youth Statement

Friday, 22nd September:
• 8am - 10am - Debrief on Being Heard Experience at Conference
• 10am - 1pm - Story-telling workshop
• Departures.
Welcome Pack

- Introduction and guide to Rio de Janeiro
- Key contacts - keep with you at all times
- List of support services
- Emergency hospitals and care units

- Risk Assessment
- Sexual violence and vicarious trauma response
Key contacts

- The Sheraton Hotel. Av. Niemeyer, 121 - Leblon, Rio de Janeiro. Tel: +55 (21) 2274-1122
- Instituto Promundo: +55 (21) 2544-3114
- Tourist Police (DEAT): Avenida Afrânio de Melo Franco 159, Tel: +55(21) 2332-2924
- Police Department for Women Support (DEAM): +55(21)2332-9994
- Ambulance: 192 / Firefighters: 193
Context overview

- Laid back city, friendly and helpful, catholic/evangelical, alcohol, dress
- Economic and political crisis
- Rio suffers from large inequalities particularly economic and racial inequalities
- Over 700 favelas in the city of Rio (favelas are informal settlements that are located throughout the city)
- There is widespread organized drug trafficking and many of Rio’s favelas are controlled by one or more of the cities drug factions
- Recent attempt to “pacify” a number of favelas and implant permanent police forces
- Machista culture
Finances

• Local currency is the Real, or Reais (plural). Prices in reais are written with $ signs. On average US$1 (one US dollar) is equal to 3.30 Brazilian reais (RS$).

• Haggling not common, no need to tip

• Each Being Heard participant will be given a daily stipend in local currency.
  • Denise and the SVRI team will be responsible for distributing this per diem.

• Cards are also widely accepted and you should be able to withdraw money, however this may not be possible from all banks
  ◦ Also be careful of card fraud which is relatively common
Transport - Metro

Metro: Rio has a metro system with two lines that go from the north of the city to the west of the city.

- The closest metro station to The Sheraton is Antero de Quental (a 15/20 minute walk from the hotel)
- At the metro you will need to buy a single journey (Unitario = $4.30 (Brazilian reais))
- The metro is a safe and easy to use way of moving around the city
Transport - Taxis

- Yellow taxis
  - taxi-metre
  - flag taxis down in the street

- Uber, 99taxis, easytaxis

*Taxis are relatively safe and tend to be safer than walking at night, though take precautions and do not take taxis on your own*
Restaurants and Eating

- Brazilian food - feijoada
- Breakfast and lunch will be served at the hotel and dinner can be eaten outside of the hotel.
  - Leblon: Avenida Ataulfo de Paiva.
  - Ipanema: Farme de Amoedo (a 10/15 minute taxi ride from the hotel).
  - Botafogo: Voluntários da Pátria (a 20/30 minute taxi ride).
- Specific restaurants listed in your WP

*You must go in groups and take taxis to and from the restaurants in the evenings*
Language - Brazilian Portuguese

Good morning/Hello: Bom dia / Olá
Everything ok?: Tudo bom? / Tudo bem?
Good evening: Boa Noite
Yes: Sim
No: Nao
Thank you: Obrigado
Please help me: Por favor, me ajude
Sorry: Desculpe
Excuse me: Me desculpe
Goodbye: Tchau
Do you speak English: Você fala inglês?
Safety and Security - General

- Going out of the hotel - always in groups
- Must tell one of the Being Heard team
- Discuss with the Being Heard team prior to undertaking any activity outside of the forum events
- Avoid carrying valuables - If you take cameras or phones with you, keep them in your bag and take them out only when you use them

*Always follow the advice of the Being Heard team regarding safety concerns that may change on a daily basis.*
The Sheraton is located on the Beach front near two favelas - Chákara do Céu and Vidigal, and further along, Rocinha. Leblon and metro stations. In daytime should not have any problems walking around. Always get taxi’s at night to come back to the hotel.
High and Medium Risks - Safety and Security

(Armed) robberies and assaults
- Mass robberies
- Robbings at ATMs

Favelas and organized crime
- Violence from drug traffickers
- Caught up in fighting between groups and police

Mosquito born diseases
- Dengue, Chikagunya, Zika, Yellow Fever

Accidents
- Swimming
- Motor accidents
High Risk - Robberies/Assaults (possibly armed)

• Armed assaults are unfortunately quite common in Rio de Janeiro and can happen in any place at any time
• Never resist attackers, always hand over your bag/wallet/phone immediately
• Go to a bar/restaurant/cafet/Police officer - ask to be put in touch with the tourist police - DEAT (Delegacia Especial de Apoio ao Turismo)
• Contact travel insurance
• Cancel all bank cards and block phones
DEAT (Delegacia Especial de Apoio ao Turismo) - Av. Afrânio de Melo Franco, 159 - Leblon, Rio de Janeiro - RJ, 22430-060. Tel: (21) 2332-2924
Medium Risk - Drug trafficking & organized crime

- Many favelas controlled by organized criminal groups
- Don’t enter a favela unless accompanied by a organisation from the favela
- If unsure, always ask
- If you do enter a favela without realising, you may be asked to identify yourself - stay calm, answer all quesions, then leave
- Gun shots = seek cover, do as the locals
Mosquito born diseases

- Dengue
  - Daytime biting mosquitoes
  - Mild - life threatening
  - Reduce temperature, keep hydrated, take paracetemol (never ibuprofen)
- Wear insect repellent on exposed skin
  - (but beware they can bite through thin clothing)
- Symptoms can take 2 weeks to appear - so when you go back home, still be vigilant for symptoms
  - High fever, aching joints, rash
- Seek medical attention immediately and inform your doctor of recent travel to Brazil
Accidents and physical injury

- **Swimming:**
  - The sea is very strong and has a strong undercurrent
  - Do not swim / Only enter the water only where lifeguards are situated

- **Transport:**
  - Avoid taking motorbikes and wear seatbelts in cars, including taxis and ubers.
  - Be vigilant when crossing roads (traffic may come from the opposite direction to what you are used to)

- Seek medical attention immediately in the case of accident or injury
Sexual Violence and Vicarious Trauma

- Sexual harassment & “cat-calling”
- Avoid walking on your own especially at night and avoid empty roads and deserted places
- If taking a taxi or Uber on your own at night, be sure to inform someone through message or calling of the liscence plate number and your location

Vicarious Trauma: Exposure to traumatic topics via research that results in negative thoughts, perceptions and interpretations

- If you feel that a particular topic may have a negative impact on you, speak to a member of the Being Heard team to assess whether or not it is necessary for you to attend, and if so, to ensure that the necessary support is made available if required.
- Support services and procedures available - see Being Heard team
Questions?