



SVRI Being Heard Project, 2017 Forum in Rio de Janeiro, Brazil: Welcome Pack

**SVRI Being Heard Project, 2017
Forum in Rio de Janeiro, Brazil:
Welcome Pack**

Country: BRAZIL

Dates of travel: 17th to 22nd of September



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1. Introduction:

International events such as the Sexual Violence Research Initiative's 2017 Forum in Rio de Janeiro provide an excellent opportunity to bring people together across countries, disciplines, experiences and ages. As is increasingly being seen, the meaningful participation of people from diverse backgrounds and ages is recognized as imperative to opening up processes of knowledge production and discussions to include and be influenced by the voices of those that the discussed themes impact on most. The participation of children, adolescents and young adults as subjects affected by sexual violence in the Forum brings a huge added benefit to understanding and preventing sexual violence. Though, as with all people who attend and participate in events based on sensitive and painful themes such as gender-based and sexual violence, individuals come with their own histories and experiences. Travelling across countries to participate in large events can also produce a number of risks or simply overwhelm young adults. Ensuring that they are supported throughout different moments of the Forum (pre, during and post) can promote young adults meaningful participation and exchange between attendees. Promundo and the Being Heard seeks to provide support to the participation of young adults at the SVRI 2017 Forum. This Welcome Pack forms part of this effort and has been developed based on our preliminary conversations with the Being Heard Young Researchers.

2. Being Heard support team contact information and overview

A team from Instituto Promundo, a Brazilian non-governmental organisation (NGO) will be the local contact point supporting the Being Heard participants.

Instituto Promundo's contact details are:

Address: Rua do Rezende nº80, 20231-092 Lapa – Rio de Janeiro

Telephone: +55 21 25443114

Site: www.promundo.org

The team from Instituto Promundo responsible for supporting the Being Heard participants are: **Victoria Page, Linda Cerdeira and Norma Sá.**

Victoria Page

Victoria Page will be responsible for supporting the Being Heard young researchers' participation and protection in the Being Heard project as part of the 2017 SVRI Forum in Rio de Janeiro, Brazil. Victoria will be the main point of contact prior to, during and following the participants stay in Rio de Janeiro. During the forum Victoria will speak with the group leaders on a daily basis to ensure all necessary support is being provided and to address any concerns. Victoria speaks English and Portuguese fluently and basic Spanish and French.



Linda Cerdeira

Linda Cerdeira will be supporting the young researchers in the lead up to the Forum addressing questions and queries via e-mail and skype. Linda speaks Portuguese, English and Spanish fluently.

Norma Sá

Norma will be providing support to the young researchers in the lead up to the Forum, particularly to the Brazil and Colombia groups. Norma speaks Portuguese and Spanish fluently and basic English.

3. Participant Information

ELIMU, Tanzania

Name, ELIMU, Youth Researcher

Name, ELIMU, Youth Researcher

Name, ELIMU, Facilitator

PARCE NGO, Colombia

Name, PARCE NGO, Youth Researcher

Name, PARCE NGO, Youth Researcher

Name, PARCE NGO, Facilitator

UYDEL, Uganda

Name, UYDEL, Youth Researcher

Name, UYDEL, Youth Researcher

Name, UYDEL, Facilitator

CEDECA, Brazil

Bárbara Oliveira Xavier Cordeiro, CEDECA

Matheus Brito, Youth Researcher, CEDECA

Mariana Miranda Borges, Facilitator, CEDECA



ACPDT, Zimbabwe

Name, ACPDT, Youth Researcher

Name, ACPDT, Youth Researcher

Name, ACPDT, Facilitator

4. Conference Address and facilities

The SVRI Forum 2017 will be held at the [Hotel Sheraton](#) – Rio de Janeiro in Rio de Janeiro, Brazil on the 18th to 21st September 2017.

Address: Avenida Niemeyer 121 – Leblon – Rio de Janeiro – Post code: 22450-220 – Brazil

Phone: +55 21 2274 1122.

<http://www.starwoodhotels.com/sheraton/property/area/directions.html?propertyID=255>

<http://www.svri.org/forums/forum2017/general.htm>

Facilities at the hotel include a swimming pool, spa, fitness center and tennis courts. There is also a small public beach in front of the hotel. Please be aware that the sea can be very strong so we do not advise swimming in the sea. Please be aware that tests have previously shown that the water in Rio de Janeiro's beaches is not that clean so if you do enter the water, avoid ingesting any sea water and if you have any open cuts or wounds, do not enter the sea. Bikes can be loaned from the hotel for a fee of \$18 (eighteen Brazilian reias) per hour. This service is available from 8am to 8pm.. There is a cycle path that runs from in front of the Sheraton Hotel down to Leblon and all away along Ipanema, Copacabana and Leme beaches. If you choose to go the other direction (left out of the hotel) you will head towards the favela Vidigal and further on, to the favela Rocinha (the largest favela in Brazil) – although no immediate risk is posed by passing (not entering) these favelas, we would advise to only cycle towards the Leblon and the adjacent beaches. The view is also much better in that direction. These can be busy cycle paths so please follow the direction indicated on the path and be aware of other cyclists and pedestrians. Do not cycle on the roads – only on designated cycle paths. It is not advisable to cycle in the night. Always take a car at night times.

5. Arrival Information and Flight Details

When you arrive in Rio de Janeiro International Airport, please follow the signs to "Immigration/Passport Control" there will be two lines, one for "Foreigners" and one for "Brazilian". Make sure (unless you hold a Brazilian passport) that you join the line for "Foreigners". Be sure you have all necessary documents including a visa and yellow fever card (if necessary). After you have passed immigration go to collect your luggage, the number of the carousel will be written on a screen. If your luggage has not arrived inform a member of staff and they will put you in contact with the airline to track your luggage. Please inform a member of the Being Heard team if



you are delayed in the arrivals terminal waiting for luggage. The airport has free wifi access – you will need to log on filling in basic details. Once you have done so you will be able to send a Whatsapp or email to Victoria Page or another team member. Once you have your luggage, go past customs and to the exit into the arrivals halls. Luiz C Lemos from Curumim Eco Cultural Tours will be waiting for you in arrivals with a sign with your name on it. They will take you personally to your hotel and help you get checked in. The full contact details for those picking you up from the airport are as follows:

Luiz C Lemos
Company name : Curumim eco cultural tours
Email : luiz@curumim.tur.br
Tel no. (55) 21 98765-1162

Victoria Page will, depending on the time and date of your arrival, either meet you when you arrive at the hotel or arrange to meet with you soon after at an appropriate time to ensure that you are settling in and to answer any questions or queries. She will be your main point of contact at the Forum for any concerns around your stay in Rio de Janeiro.

ELIMU, Tanzania:

Name
Arrival Date and time:
Flight Number:
Departure date and time:
Flight Number:

Name
Arrival Date and time:
Flight Number:
Departure date and time:
Flight Number:

Name
Arrival Date and time:
Flight Number:
Departure date and time:
Flight Number:



PARCE NGO, Colombia

Name

Arrival Date and time:

Flight Number:

Departure date and time:

Flight Number:

Name

Arrival Date and time:

Flight Number:

Departure date and time:

Flight Number:

Name

Arrival Date and time:

Flight Number:

Departure date and time:

Flight Number:

UYDEL, Uganda

Name

Arrival Date and time:

Flight Number:

Departure date and time:

Flight Number:

Name

Arrival Date and time:

Flight Number:

Departure date and time:

Flight Number:

Name

Arrival Date and time:

Flight Number:

Departure date and time:

Flight Number:



CEDECA, Brazil

Name

Arrival Date and time:

Flight Number:

Departure date and time:

Flight Number:

Name

Arrival Date and time:

Flight Number:

Departure date and time:

Flight Number:

Name

Arrival Date and time:

Flight Number:

Departure date and time:

Flight Number:

ACPDT, Zimbabwe

Name

Arrival Date and time:

Flight Number:

Departure date and time:

Flight Number:

Name

Arrival Date and time:

Flight Number:

Departure date and time:

Flight Number:

Name

Arrival Date and time:

Flight Number:

Departure date and time:

Flight Number:



6. Manager Responsible for Travel

ELIMU, Tanzania

NAME:

EMAIL:

PARCE NGO, Colombia

NAME:

EMAIL:

ACPDT, Zimbabwe

NAME:

EMAIL:

UYDEL, Uganda

NAME:

EMAIL:

CEDECA, Brazil

NAME:

EMAIL:

SVRI CONFERENCE 2017 IN BRAZIL

NAME:

EMAIL:

7. Welcome Briefing

A welcome briefing will be given on Sunday the 17th of September at 7pm at a suitable location within the Sheraton Hotel. The briefing will cover some of the issues in this pack but will also include:

As part of your welcome briefing the following points will be covered.

- **Finances:** 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. Speak with your bank prior to travelling to be clear on whether you can use your bank card abroad, including to take out money, and what charges may be incurred for these services. You will be given an overview of the general cost of basic expenditures such as food and transport, including taking taxis.
- **Transport:** An overview of how to travel around the city and what means of transport, including safety considerations will be given.



- **Young researcher protection:** We take the safety and protection of the young researchers seriously and we will go over the policies and procedures with you at the Welcome Briefing, these will also be shared before your arrival in the Risk Assessment document.
- **Copies of important documents:** We ask that you bring a photocopy of all important documents including:
 - **Passport**
 - **Visa**
 - **Travel Insurance certificate**
 - **Yellow Fever certificate**

We may need to you sign 'release' forms giving your team leader authorisation to make emergency medical decisions in case of emergency. We would also like you to complete the attached medical form including the name and contact information of someone to contact should we need to contact them about an emergency situation.

- **Schedule:** You will be given a complete schedule with the time of all meetings and activities for your stay in Rio de Janeiro. However the following is an outline of activities:
 - **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**



o **Thursday, 21st September:**

Fourth and final day of SVRI Forum programmed activities

4.30pm - Closing plenary and Presentation of Youth Statement

o **Friday, 22nd September:**

8am – 10am – Debrief on Being Heard Experience at Conference

10am – 1pm – Story-telling workshop

Departures.

SVRI Forum 2017 Whova App: The SVRI Forum 2017 is using Whova for delegates to view the agenda and personalize sessions you would like to attend, rate presentations for the SVRI Forum 2017 Awards, share pictures, chat via the Bulletin Board, request business cards and meetings, ride -share and so much more! We are sure you will find this App not only useful, but also a fun way to meet other delegates.

Please note that you have to login to Whova using the same email address you used to register for SVRI Forum 2017.

If you leave the hotel at any time, please do not do so on your own, always go in groups and you must tell one of the Being Heard team. All safety and security procedures must be followed and discussed with the Being Heard team prior to undertaking any activity outside of the forum events.

- **Meals**

Breakfast and lunch will be served at the hotel and dinner can be eaten outside of the hotel. There are a wide range of restaurants in Leblon, a short taxi ride from the hotel (or a 15 minute walk in the daytime). The majority of the hotels are along Avenida Ataulfo de Paiva. Ipanema also has a number of restaurants, particularly on Farme de Amoedo (a 10/15 minute taxi ride from the hotel). Voluntários da Pátria in Botafogo is a street where there are a number of bars and restaurants (a 30 minute taxi ride).

Recommended restaurants in close proximity to the Sheraton Hotel (for a fuller list of restaurants please see the section Restaurants):

Asian: Nam Thai. Rua Rainha Guilhermina, 95 | Leblon, Rio de Janeiro, Estado do Rio de Janeiro 22441-120, Brasil. <http://namthai.com.br>

Brazilian Boteco: Bar Bracarense. Rua Jose Linhares 85 | Leblon, Rio de Janeiro, Estado do Rio de Janeiro 22430-220, Brasil. <https://www.yelp.com.br/biz/bar-bracarense-rio-de-janeiro>



Famous Brazilian Boteco. Boteco Belmonte. Rua Dias Ferreira 521 | Leblon, Rio de Janeiro, Estado do Rio de Janeiro 22431-050, Brasil. <https://www.facebook.com/botecobelmonte/>

Upmarket bakery/restaurant): Talho Capixaba. Avenida Ataulfo de Paiva 1022, Rio de Janeiro, Estado do Rio de Janeiro 22440-035, Brasil. <http://www.talhocapixaba.com.br/>

German: Casa do Alemão. Avenida Ataulfo de Paiva 644 | Leblon, Rio de Janeiro, Estado do Rio de Janeiro 22440-033, Brasil. <http://www.casadoalemao.com.br/site/>

Brazilian: Academia da Cachaça. Rua Conde Bernadotte 26, Rio de Janeiro, Estado do Rio de Janeiro, Brasil. <http://www.academiadacachaca.com.br/>

Burger: T.T. Burger – Leblon. Avenida Ataulfo de Paiva, 1240, Rio de Janeiro, Estado do Rio de Janeiro 22440-035, Brasil. <http://ttburger.com.br/site/>

- Internet

WiFi: The hotel has wireless internet. If you wish to connect, please ask the hotel reception or get someone from the Being Heard team to help you. To avoid large phone bills whilst overseas please turn OFF data roaming and check that other settings that may bring unwanted charges are turned off. The Being Heard team will be reachable at all times (Victoria Page is the main point of contact, phone number:) and ask that participants also ensure that they are contactable on either local or international mobiles – please be aware of potential charges when choosing the best way to communicate. Whatsapp can be used on wifi which is widely accessible in restaurants, bars, coffee shops and hotels.

8. Daily contact routines

Victoria Page who will be the lead point of contact for Being Heard participants at the Forum, will meet with the project leads every morning to check that any concerns or questions are addressed and that everything is going well. Victoria will also try to speak with each participant personally each day at the Forum.

Please make Victoria, Linda or Norma aware of any activities that you intend to embark on that are not planned by the SVRI, particularly if it involves leaving the hotel in the evening or at night.

The Being Heard Whatsapp group is a key means of communication and we will send group messages there so please try to gain access to wifi regularly if possible.



9. Emergency contact protocol

Emergency contacts in Brazil

In case of an emergency please contact the relevant service and inform a member of the Being Heard team, Promundo or SVRI immediately.

Ambulance: 192

Firefighters: 193

Rio de Janeiro Military Police (for public order): 190

Federal Police (for crimes committed against the state): 194

Rio de Janeiro Civil Police (for crimes and investigation): 197

Police Department for Women Support (DEAM): (21)2332-9994

Federal Highway Police: 191

Sea Rescue: +55 (21) 2104 6119

For a full list of more specialized services should you experience any violence or require counselling or other forms of physical or emotional support, please see the attached document titled “Support and Relevant Services”

Pharmacies:

In general, pharmacies in Brazil are open from 08:30-19:00, many stay open until 22:00, and all stay open during lunch time. Most pharmacies are open six days per week and are closed on either Sunday or Monday. Please make sure you have sufficient amounts of any necessary medication with you, for example insulin or anti-allergy tablets. In the case that pharmacies are closed and you require medication emergency, please attend the relevant hospital immediately (which hospital will be based on your travel insurance plan).

Should you find the event overwhelming please reach out to a staff member and they will guide you to an appropriate service.

Glossary of Emergency Terms and Phrases:

English	Portuguese
I have had an accident	Eu sofri um acidente
This is an emergency	Temos uma emergência
I need an ambulance	Preciso de uma ambulância
I need a doctor	Preciso de um médico
I need the police	Chamar a polícia
Heart attack	Infarto
I have had / he/she has had a stroke	Eu sofri/ ele/ela sofreu um aneurisma,



	ataque apopléctico
Very sick	Muito doente
Unconscious	Inconsciente
Where is the nearest hospital?	Onde é o hospital mais próximo?
Is there a pharmacy near here?	Há uma farmácia aqui perto?
Call the fire services	Chamar os bombeiros
I have had a car accident	Eu sofri um acidente de carro
I have been robbed/mugged	Eu fui vítima de um assalto or Eu fui roubado

Promundo Team:

The Promundo team can be contacted at any moment in case of an emergency. Please refer to the attached "Risk Assessment" document for a fuller list of procedures in the case of emergencies.

Victoria Page (English and Portuguese) Phone number

Linda Cerdeira (English, Portuguese and Spanish) Phone number

Norma (Portuguese and Spanish) Phone number

Sandra Valle (Portuguese and Spanish) Phone number

Tatiana Moura (English, Portuguese and Spanish) Phone number

10. Brazilian Context

Below is a brief assessment of relevant economic, political, military or other context at the destination:

Rio de Janeiro is well known for its natural beauty, music and dance. Rio de Janeiro has an estimated 2016 population of 6.45 million, which ranks 2nd in Brazil. It is also the third largest metro area and agglomeration in South America, and the 6th largest city in the Americas. Like other big cities in Latin America, it is also well known for its favelas (low-income historically informal urban areas in Brazil) which are otherwise known as townships or informal settlements. Due to complex historical and contemporary political, social and economic factors, favelas, which are found in all areas throughout the city, have been known for higher incidences of violence and frequently suffer confrontations with armed police. For these reasons do not go into a favela unless deemed safe by the Being Heard team. Like most big cities Rio de Janeiro has some problems with crime. As such, people need to take precautions to avoid making themselves vulnerable to crime. (see section on Security Information)

Brazil is currently going through an economic crisis after a period of growth in reduction in inequality.

However, no political turmoil is expected in Rio de Janeiro. While you do need to take care about when and where you go, it is possible to enjoy all the cultural and touristic sites safely.. It



is always best to walk around the city in a group and with a local guide. Please clarify with the local Being Heard team in advance about where and when you are going out in order to ensure that it is okay to visit that area at that time. Knowing where you are going in advance and ensuring that the Being Heard team also the reduce the chances of any problems happening to you. Avoid taking valuables with you however ensure that you have some form of identification with you (do not take your original passport, however you may take a photocopy of your passport with you). Avoid walking around with cameras or telephones visibly on show (take them out to take a photo/make a call and then put them back in your bag). Make sure you have a copy of the hotel address and the main contact numbers of the Being Heard team on a piece of paper and/or on your phone. It could be advisable to carry this piece of paper in your pocket in case of theft or your bag. Check what others are doing around you, if others are walking around with their phones then you should be okay to take your phone out, however if you are in a deserted area, please avoid taking out valuables unless necessary.

11. Security information

In Rio de Janeiro, there are many tourist spots where it is possible to attend concerts or similar outdoor activities. In these locations avoid carrying large amounts of money, valuables or original documents. Keep your safe objects close to you. Look for advice in case of need at clearly marked tourist service points or local police. If you take cameras with you, keep them in your bag and take them out only when you take photos. We recommend that you not walk around with them on your neck when you are in a public place.

In the case of assaults, thefts and other misfortunes

Rio de Janeiro is a large city with large rates of inequality and therefore robberies and assaults can happen including armed robberies (with a gun or knife). There is a presence or organized armed crime that can sometimes result in conflicts between rival gangs and between police and gangs. However these tend to be isolated to particular events and favelas, although can sometimes affect surrounding areas. Please always follow the advice of the Being Heard team regarding safety concerns that may change on a daily basis. Below are some safety and security tips for you to consider :

Robberies

To ensure greater protection from robberies, please only take necessary items out with you and try to avoid using jewellery or technology that may draw attention.

In the unlikely event that someone approaches you trying to rob you, especially if you believe that they are armed, do not struggle or try and engage in conversation with them. please hand over your phone/wallet/bag as requested. If you do this it is likely that they will take your



belongings and disappear quickly. Please do not try to chase them).

Do not try to fight or argue as that is when robberies can turn violent

In the case that you are robbed please find a Tourist Police officer (they will be identifiable by their uniform which will either state Policial, or Guarda) or Guard or enter a local establishment and request to use their phone to get in contact with the Being Heard team or the local police station. You will likely be requested to go in person to a local police station to file a report. Please avoid entering a police car, because police in Rio de Janeiro might be violent or try to ask you for some money. Brazilian police are known for being responsible for the death of suspects whilst on the way to a police station and women in particular may face risks of gender-based violence from police.

There is a police station specifically equipped to deal with crimes committed against tourists near to the Sheraton Hotel (the hotel where you are staying).

The address is:

Delegacia Especial de Apoio ao Turismo (DEAT), Avenida Afrânio de Melo Franco, 159. Leblon, Rio de Janeiro. 22430-060. Phone: +55(21)2332-2924.

We advise that you do not take your passport out with you, but in the case that your passport is stolen, you will have to get in contact with your consulate:

- Colombian Consulate: Rua Xavier da Silveira No. 80/801 Copacabana (tel): +55(21)25471446
- Zimbabwean Consulate: SHIS QI 3 Conjunto 10 casa 13 – Lago Sul, Brasilia (tel): +55(61)3365-4801
- Ugandan Consulate: There is no diplomatic representation of Uganda in Brazil, the Consulate in Washington D.C. is responsible for Ugandan representation in Brazil.
- Tanzanian Consulate: SHIS QI 09 Conjunto 16, Casa 20. 71.625-160, Brasilia. (tel): +55(61)3364-2629.
- Policia Federal for Brazilian passport issues: Avenida Vinte de Janeiro, s/n – Ilha do Governador, Rio de Janeiro – Aeroporto Internacional do Rio de Janeiro/Galeão, Terminal II (tel): +55(21)3004-6050.

12. Transport and getting around the city

The delegates will take taxis or safe shuttle buses to/from Rio airports. While travelling between restaurants, offices and any other places, the delegates should take advice from Brazil staff on how to travel across the city (public transport or taxis).



Taxis

Many common taxi services have downloadable apps that make calling a taxi easy and cheap, although as with all taxi services please take necessary precautions and always check the license plate of the to make sure that the taxi has the same licence as appears in the app before entering. Taxis in Rio de Janeiro are yellow and show the registration number of the taxi on the side of the car, the driver will also have their identity card hanging in the front of the taxi. Only enter yellow taxis (unless you have called an uber, or you have hired a taxi from the hotel as these are private cars). Taxis can be called to/from the hotel however will be much more expensive than a yellow taxi or uber. For travel after dark it is recommended to take a taxi and not to walk:

- <https://www.uber.com/pt-BR/>
- <http://www.99taxis.com>
- <http://www.easytaxi.com/br/>

Busses:

There is a vast network of busses for getting around the city. There is a bus stop in front of the hotel with buses. They go to the beaches of Leblon, Ipanema and Copacabana. Always check the front of the bus to see if it says the name of the destination you want and ask the drive for assistance. Please speak directly to the Being Heard team or hotel for the specific bus name and number to where you would like to go. Buses are relatively safe (although avoid taking buses at night), you may feel more secure to sit near to the conductor and avoid sitting at the back of the bus. The conductor can also help advise you on the best place to get off the bus to reach your destination.

Metros for getting around the city

The metro is a quick and easy way to get around the city. The Hotel is located 15 to 20 minute walk from the metro station Anterno de Quental (in Leblon) and there is a bus stop in front of the hotel which is where you can also take buses to the beaches of Leblon, Ipanema and Copacabana.

13. Electricity

In Brazil the power sockets are of type N. The standard voltage is 127/220 V and the standard frequency is 60 Hz.

Please be aware that in Brazil more than one voltage is used (127 / 220 V). It can depend on the region, the city or even the hotel which voltage you come across. Please check with the hotel what voltage they are using and if you can use your appliance or computer as you may need a voltage converter.



AC power plugs and sockets:

← current Brazilian standard plugs and sockets

← former socket model

14. Weather and what to pack/dress code

Rio de Janeiro is a tropical city, and September is in the spring season. It can therefore reach temperatures as high as 30 degrees and above. However as you will also be close to the beach and due to air conditioning in many public places, it can get cold at times and there may be tropical rains and thunderstorms. We advise packing for a tropical country but also bringing warmer clothes such as sweaters and either a rain coat or umbrella.

Locals tend to dress quite casually though slightly more formal in work situations.

It is not permitted to enter buses, metros, taxis or other means of transport without a shirt or shorts on or in closed buildings and restaurants. There are however no problems with wearing shorts or short dresses and skirts, especially on the beach or nearby places.

We advise packing all medicines, documents and adapters that you may need for your stay. On the attached medical form, please also list any of the medicines you are using or use should a health issue specific to you arise. Toiletries and other products can be found easily here in Brazil although prices may vary considerably.

15. Language

Brazilian Portuguese is the official language in Brazil. Some people, especially those working in tourist industries, may speak English and many people will understand Spanish. It is good to learn a few phrases in Portuguese as the majority of people will not speak English.

Good morning/Hello: Bom dia / Olá

Good evening: Boa Noite



Yes: Sim

No: Nao

Thank you: Obrigado

Please help me: Por favor, me ajude

Sorry: Desculpe

Excuse me : Me desculpe / me perdoe

Goodbye: Adeus / Tchau

Do you speak English: Você fala inglês?

16. Meeting People

Brazilians and especially people from Rio de Janeiro are very friendly. When they greet someone they do not know, they will often give a kiss on both cheeks and for people they know they give a kiss on one cheek and a hug. This is most common between men and women and women and women. When men meet a man they do not know, they tend to shake hands.

17. Public Places

Brazil suffers from unequal gender relations and it is not uncommon for men to cat call or say things to women as they walk past. In most cases they will not do anything. However, the best thing to do is to ignore this behaviour. If you feel unsafe, cross the road or enter a local restaurant or shop and if necessary seek help from local guards or police or call the Being Heard team or the relevant support service listed in the attached document, "Support Services." In the case of physical or psychological violence, please refer to the attached Risk Assessment and Support Services form for procedures and locations where physical and emotional support can be found. Please inform a member of the Being Heard team immediately.

Smoking is illegal in public buildings and closed spaces. Smoking outside is allowed.

18. Money

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 (R\$). Please check before travel for most accurate currency rates.



US dollars are accepted in some tourist establishments such as hotels, but this will likely cost more. We highly recommend having local currency.

Bank debit and credit cards are widely accepted and depending on your bank account, money can be withdrawn from many different cash machines. As with all cash machines, do not show your pin to anyone, or accept help from strangers. If the cash machine looks like it may have been tampered with, do not use it. You can use cash machines inside banks during daytimes – these are the safest. To enter, you may need to press a button and put all items with metal (phone, keys, wallet) in a pigeon hole as you pass the security check – the security guards will advise as necessary. Please check with your bank for charges for international withdrawals. Fraud is not uncommon so please check your transactions with your bank. If you suspect anything enter in contact with them directly. It is best to bring along the number of your bank and to make photo copies of all of your bank and credit cards.

Tipping is not mandatory. However many restaurants will automatically put a 10% or 12.5% service charge on the end of the bill. This should be stated on the menu.

19. Local Food

Security information about Food and health tips

In Rio de Janeiro, because it is a tourist center, it is possible to easily find all kinds of foods - local and international.

However some of the spices may be different, so it may be advisable to ask about the ingredients before ordering if you have any concerns.

Please be aware that ham/pork/bacon are a common ingredient in Brazil and may be added to many foods that you would not otherwise be accustomed to including these ingredients – so if you do not eat any form of pork, make sure to confirm what ingredients are included.

In Rio de Janeiro there are lots of options for street food or eating on the beach. To limit the possibilities of getting ill from food avoid eating prawns on the beach and make sure meat is well-cooked - trust your judgement. Always drink bottled or filtered water, this is easy to buy in the street and in restaurants, ensure the seal is intact before opening. Do not drink water directly from the tap unless it is visibly passing through a filter system (which are sometimes attached to the tap).



20. Places to visit

Touristic points

1- Museu do Amanhã/Museum of Tomorrow: New icon in the Port Region, the Museum of Tomorrow explores possibilities of building the future. Raised in Porto Maravilha and designed by the Spanish architect Santiago Calatrava on Guanabara Bay, it was inaugurated by the Rio City Hall on December 19, 2015. Cultural Anchor of the Port Region's revitalization project, the museum is the most eloquent symbol of the Renaissance of an area of five million square meters, part of the history of Rio and that faced decades of decay and abandonment. <https://museudoamanha.org.br>

2- MAR: Inaugurated in March 2013, MAR is based in two buildings with heterogeneous but interconnected styles. The old palace of D.João VI is joined with a modern building. The first building houses the exhibition halls, which receive national and international exhibitions, on subjects of the past and the present moment. In the second, is the Escola do Olhar works, which develops academic programs on art, culture and education. <http://www.museudeartedorio.org.br>

3- Pão de Açúcar/Sugar Loaf Mountain: The famous Sugar Loaf mountain is known worldwide for its cable cars and panoramic views of Rio de Janeiro and is a UNESCO world heritage site. Entrance to Sugar Loaf Mountain is in the area called Urca which can be easily reached by bus or taxi. There are two peaks that form part of the visit, both of which can be reached by cable car. The first peak, Morro da Urca, can also be reached by foot with a 30/45 minute trek. <http://www.bondinho.com.br>

4- Cristo Redentor/Christ the Redeemer: The famous Christ the Redeemer statue is an Art Deco statue created by French sculptor Paul Landowski. It is 30 meters (98 feet) high and his arms span is 29 meters (92 feet) wide. The statue can either be reached by a special train that leaves from Cosme Velho, the nearest metro being Largo do Machado, or can be reached by car or on foot with a 1 hour hike starting from Parque da Lapa. Please be aware the hike is difficult in places and robberies have been known to happen on the trail. If you choose to hike, you will have to sign into a visitors book in a little hut at the beginning of the trail.

<http://www.tremdocorcovado.rio>

5- Neighbourhood of Santa Teresa: This is a bohemian area of Rio de Janeiro that sits on top of a hill and boasts beautiful views of the city and many nice bars and restaurants in addition to arts and crafts shops. It is an old colonial area with many large old houses of colonial architecture. Santa Teresa is famous for a small yellow train (bonde) that goes through the neighbourhood. You can get on the train at a number of points within Santa Teresa or from near to the metro station Carioca. If you take it from Carioca, it will go across the top of the famous Lapa arches on its journey up to



Santa Teresa. Other notable places to visit in Santa Teresa are Paque das Ruínas (this has beautiful views over the city and entrance is free) and Bar do Mineiro. Santa Teresa can be reached by bus, taxi, foot or moto taxi. The nearest metro station is Glória. Please note to take caution when walking around the streets of Santa Teresa, especially if you go off from the main streets or there are not a lot of people around as robberies are common.

6- Jardim Botânico: The botanical gardens are home to thousands of species of fauna and flora and famously has 134 palm trees that create the Avenue of Royal Palms. There is a fee of just under RS \$10 (ten reais) for entrance to the gardens and more information can be found about the gardens on this website. <https://www.ibri.gov.br>

7- Lapa: The area of Lapa is known for its night life, street stands, bars, night clubs and live music and for two large music venues, Circo Voador and Fundação Progresso. Lapa is also home to the Lapa Arches constructed in the mid-18th century are an impressive aqueduct that cuts across the main square. From the main Lapa square it is a two minute walk to the famous Selerón Steps (Escadaria Selerón). The steps are covered in green, blue and yellow tiles by Chilean artist, Jorge Selerón. Please note that robberies are not uncommon in Lapa so please keep valuables hidden when walking around the streets. More information about Lapa can be found here. Lapa can be reached by bus or taxi or metro, the closest metro station is Cinelândia. http://visit.rio/que_fazer/arcosdalapa/

8 – Maracanã: Maracanã, also known as Rio Olympic Stadium is Brazil's most famous football stadium and hosted games as part of the 2014 World Cup and 2016 Olympics. Please check on their website for football games that may be on during your stay if you wish to go to watch one. The nearest metro station is Maracanã. <http://www.maracanaonline.com.br>

21. Restaurants

In restaurants, it is common to leave a tip of about 10-15% of the bill if the service is good – however, this is not compulsory, and is less common in informal cafes where you have to stand up and pay at the counter. Service charge may also be added on automatically to the bill.

Areas with numerous restaurants including a wide variety of foods can be found in the areas of Botafogo, Lapa, Ipanema and Santa Teresa.

1. The Guardian's top 10 recommended restaurants in Rio de Janeiro are: [Tèreze](#)

The Hotel Santa Teresa's exclusive hillside restaurant, Tèreze, is comfortably the neighbourhood's most upmarket dining experience. This being Rio, that doesn't mean it isn't also elegantly casual, the interior resplendent in burnt cement floors and reclaimed wood galore. Arrive at sunset for a drink on the terrace with a palm tree-framed view out towards Guanabara Bay, the heaving city below seemingly a million miles away. Portions are small, but that, along with a sturdy wallet, merely allows for more courses to be devoured. The tiger prawn cocktail, perfectly cooked lamb and some



beautifully presented desserts dazzle the senses, all backed up with charming, friendly and well-informed service.

Address: Rua Almirante Alexandrino 660, Santa Teresa

Getting there: taxi recommended (around R\$35 from Copacabana)

Contact: 00 55 21 2222 2755; santa-teresa-hotel.com

Opening times: Mon-Fri, 12.30pm-3.30pm, 7pm-midnight; Sat, Sun, 12.30pm-midnight

Cuisine: Brazilian

Price: lunch or dinner around R\$160

Payment type: credit cards accepted

Reservations: recommended

2. Sushi Leblon

Sushi Leblon is the most stylish contemporary Japanese restaurant in town – the sharply-attired line patiently awaiting a table most nights of the week says it all. The quality of the service may never hit the heights of the food, so it is best to just sink back and let the experience wash over. I'll always start with a bowl of edamame and an ice-cold Bohemia beer to accompany a lengthy study of the extensive (English and Portuguese) menu. The simple salmon sashimi is out of this world, but more exotic combinations include sea urchin, snook and eel. Order the salmon wantons and you get a free commemorative 'Sushi Leblon' plate.

Address: Rua Dias Ferreira 256, Leblon

Getting there: Metrô Bus to Baixo Leblon

Contact: 00 55 21 2512 7830; sushileblon.com

Opening times: Mon, midday- 4pm, 7pm-1.30am; Tue-Sat, midday-1.30am; Sun, 1pm-midnight

Cuisine: Japanese

Price: lunch or dinner around R\$130

Payment type: credit cards accepted

Reservations: not possible

3. Porcão Rios

The last word in Rio's all- you-can-eat churrasco meat restaurants: several challenge for the crown, but this is the original and best. The red and green pig on the table is the password to gluttony – kept on red means 'no more', but once flipped to green it will send a stream of skewer-wielding waiters swarming to the table. The key is to not go too hard too soon, however, as only occasionally do succulent barbecue ribs and unusual cuts like ostrich do the rounds, and they deserve to be tried. The buffet is also a never-ending source of salads, paellas and cheeses, and the sushi bar makes for a nice change from the stacks of steak. There are other branches in Ipanema and Barra.

Address: Avenida Infante Dom Henrique, Flamengo

Getting there: taxi recommended (around R\$15 from Copacabana)

Contact: 00 55 21 3389 8989; porcao.com.br

Opening times: Mon-Sat, midday-midnight; Sun, midday-10pm

Cuisine: Brazilian

Price: set price R\$119.90 (excluding dessert)



Payment type: credit cards accepted
Reservations: not necessary

4. Pérgula

The famous swimming pool of the Copacabana Palace hotel is the backdrop for Pérgula, a light and airy restaurant that almost spreads itself out among the sun loungers. Like in all good poolside restaurants, the club sandwich comes stacked high, salads are plentiful and an eclectic list of starters includes nachos, shrimp tempura and oysters. Come Sunday, however, the restaurant is devoted solely to the art of brunch, an all- you-can-eat buffet of caviars, seafood, pasta, salads and breads, accompanied by a bottomless glass of prosecco. The price makes it a one-off treat, but there is joy to be had in arriving early and leaving with a big smile and a very full stomach.

Address: Avenida Atlântica 1702, Copacabana

Getting there: Metrô Cardeal Arcoverde

Contact: 00 55 21 2545 8790; copacabanapalace.com.br

Opening times: Mon-Fri, 12.30pm-4pm, 7pm-midnight; Sat, Sun, 1pm-5.30pm

Cuisine: Brazilian

Price: sunday brunch R\$200; lunch or dinner around R\$130

Payment type: credit cards accepted

Reservations: recommended

5. Olympe

Carioca chef Claude Troisgros' flagship restaurant by the Lagoa still gets people cooing at the mere mention of its name. Celebrating three decades of fine French cuisine in 2013 with a discreet facelift, Olympe remains the city's number one European dining experience, and with prices to match. Opt for the chef's tasting menu and let five of the day's imaginative Brazilian updates of European classics arrive unhurried to the table, with optional (and highly recommended) wine harmonising for R\$175 extra. The à la carte menu is no less appealing, though, with foie gras, seafood and beef all featuring in grand style, but the lamb cannelloni with truffle consommé is hard to top. A new lunch menu was launched in late 2014 to offer a slightly more affordable route into the Troisgros world, with set menus starting at R\$125.

Address: Rua Custódio Serrão 62, Lagoa

Getting there: Metrô Bus to Maria Angelica

Contact: 00 55 21 2537 8582; claudetroisgros.com.br

Opening times: Mon-Fri, midday-4pm, 7pm-12.30am; Sat, 7pm-12.30am

Cuisine: French, Brazilian

Price: lunch from R\$145; dinner tasting menus from R\$350; otherwise dinner around R\$210

Payment type: credit cards accepted

Reservations: essential



6. Le Pré Catalan

With the award-winning chef Roland Villard at the helm, dining at the Sofitel transcends the concept of a hotel restaurant, serving up contemporary, French-inspired Brazilian menus that play with the senses. Take the quail, wild mushroom and foie gras-stuffed rigatoni starter for example, or head to his famous 'Trilogies', where snails and shellfish are given three exquisite treatments. Seafood is the house speciality, but an Amazonian tasting menu is also available in which Villard's creativity with classic North Brazilian ingredients is put firmly on display. The window tables give a fine view out along Copacabana Beach.

Address: Avenida Atlântica 4240, Copacabana

Getting there: Metrô General Osório

Contact: 00 55 21 2525 1160; gastronomiasofitel.com.br

Opening times: Mon-Sat, 7.30pm-11.30pm

Cuisine: Brazilian, French, seafood

Price: dinner around R\$210; tasting menus R\$290

Payment type: credit cards accepted

Reservations: essential

7. Aprazível

High up on the Santa Teresa hillside, Aprazível spreads out across a wonderfully rustic terrace offering couples romantic nooks and larger groups a crowd-pleasing and original setting to dine in. On a balmy evening, request one of the tables outside or call ahead and hope that the group table, set in what can best be described as a tree house, is available. Order carefully, for while the lamb shank is excellent, the chicken 'galinhada' is less enticing, but there are several good fish options, not least the seasonal 'moqueca' stew and 'carnival' octopus, that rarely disappoint. Like the food, the wine list is almost entirely Brazilian, providing a good opportunity to sample the fruits of the southern states.

Address: Rua Aprazível 62, Santa Teresa

Getting there: taxi recommended (around R\$25 from Copacabana)

Contact: 00 55 21 2508 9174; aprazivel.com.br

Opening times: Tue-Sat, midday-11pm; Sun, midday-6pm

Cuisine: Brazilian

Price: Lunch or dinner around R\$110

Payment type: credit cards accepted

Reservations: recommended

8. CT Boucherie

Local celebrity chef Claude Troisgros' 2010 venture caused quite a stir when it opened on Leblon's famous gastro-strip. Flipping the established Brazilian norm of all-you-can-eat meat houses on its head, the attractive, red and white awning-covered CT Boucherie serves up a rodizio of vegetables to accompany the twelve options of à la carte steaks. Stuffed tomatoes, cauliflower cheese and creamy potatoes are among the items on the ever-changing list of sides, and if money is no object, the Kobi-



style Wagyu beef is a worthy treat. The pork picanha goes particularly well with the chimichurri sauce.

Address: Rua Dias Fereira 636, Leblon

Getting there: Metrô Bus to Baixo Leblon

Contact: 00 55 21 2529 2329; ctboucherie.com.br

Opening times: Mon-Fri, midday-4pm, 7pm-1am; Sat, Sun, midday-1am

Cuisine: Brazilian

Price: set-price lunch menu R\$72; dinner around R\$150

Payment type: credit cards accepted

Reservations: recommended

9. Irajá Gastrô

Partly responsible for turning the north end of Humaitá into a new gastro-hub for the city, Irajá Gastro's modern approach both in and out of the kitchen made the rest of Rio's contemporary restaurants take note. The unusual twists on Brazilian classics are the standout dishes, be it the manioc chips with parmesan and liquefied butter or the pork ribs with a chic version of the classic bean-and-bacon tropeiro. The menu is ever-changing, but the juicy house burger and hot brigadeiro chocolate cake are dependable mainstays, and the cocktail menu is always worth exploring. The gin, wasabi and coconut water Tropicalista and the passion fruit Mojito aren't easily forgotten.

Address: Rua Conde de Irajá 109, Humaitá

Getting there: Metrô Bus to Cobal de Humaitá

Contact: 00 55 21 3449 1834; lasai.com.br

Opening times: Tue-Fri, 7.30pm-10.30pm; Sat, 1pm-2.30pm, 7.30pm-10.30pm

Cuisine: Brazilian

Price: dinner around R\$135

Payment type: credit cards accepted

Reservations: essential

10. Lasai

Lasai is the work of a daring Brazilian-American couple with enough confidence to offer only one sitting per table per night. On Humaita's northern end, their beautiful colonial property was gutted and renovated to produce a light and airy setting in which to get acquainted with a sensational 13-course tasting menu. Start upstairs in the rooftop bar and let the staff create a cocktail to suit your tastes before deciding which of the two menus you are prepared to tackle. The 'Festival' is the full experience, with daily fresh ingredients forming the backbone of the chef's whims for the evening. Those less keen on surprises can select from set combinations of the day's specials. A true culinary adventure.

Address: Rua Conde de Irajá 191, Humaitá

Getting there: Metrô Bus to Nossa Senhora da Paz

Contact: 00 55 21 2523 2391; stravaganze.com.br

Opening times: Mon-Thu, 7pm-midnight; Fri, 7pm-2am; Sat, 2pm-2am; Sun, 2pm-midnight

Cuisine: Pizza, Italian



Price: dinner around R\$115; pizzas from R\$62

Payment type: credit cards accepted

Reservations: recommended

For a greater range of restaurants and prices, here are some further recommendations.

Meat:

<http://www.fogodechao.com.br>

<http://www.brasedagavea.com.br>

<https://www.facebook.com/novacapelalapa/>

Japanese:

<http://www.restaurantemitsuba.com.br>

<http://www.gohanrio.com.br>

Brazilian:

<http://www.cafedoalto.com.br>

<http://www.pagefree.net/bar-do-arnaud>

<http://bardomineiro.net>

Vegetarian:

<http://www.pranavegetariano.com>

<http://www.refeitorioorganico.com.br>

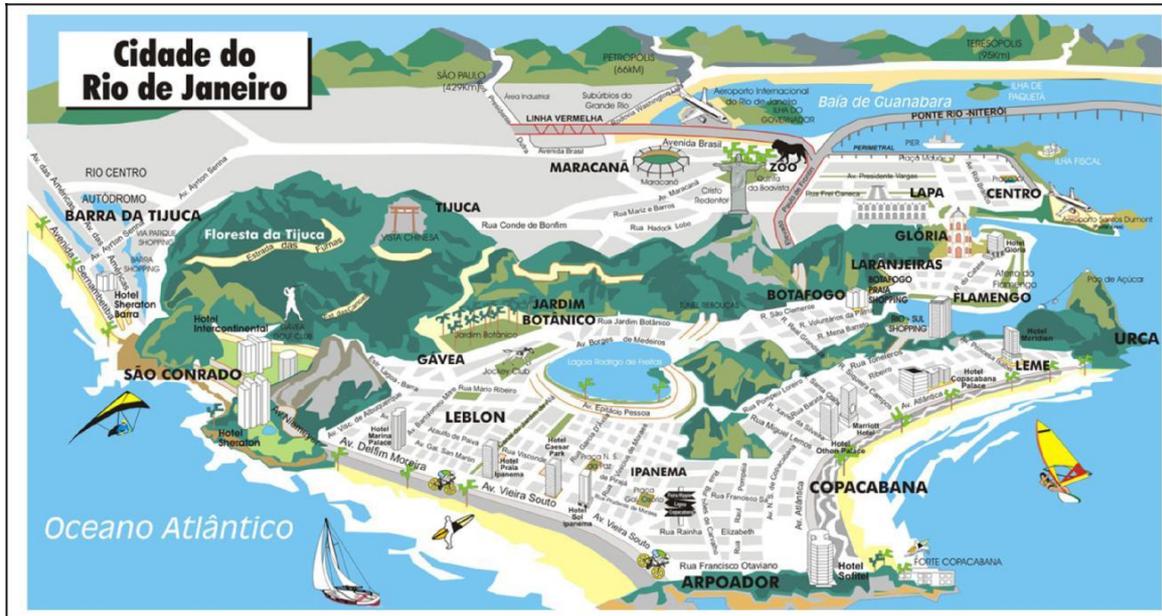
Samba:

<https://www.trapichegamboa.com>

<http://www.rioscenarium.art.br>

<http://mapadecultura.rj.gov.br/headline/roda-de-samba-da-pedra-do-sal>

22. Maps



We look forward to hosting you in Rio. Please do not hesitate to contact Victoria Page (email and phone number) or any other member of the Being Heard team if you have any questions.

Should you find the event overwhelming please reach out to a staff member and they will guide you to an appropriate service.