



CLEV - UFF

Exchange Student Guidebook



**Hospital Universitário
Antônio Pedro**

Universidade Federal Fluminense



*Diretório Acadêmico
Barros Terra*



WELCOME!

CLEV UFF prepared this guidebook for you to have a safe and unforgettable trip! Here you can find information about:



Niterói



Arrival



Hosting



Sponsors



Universidade Federal Fluminense



Student's restaurant



Tourism



Safety

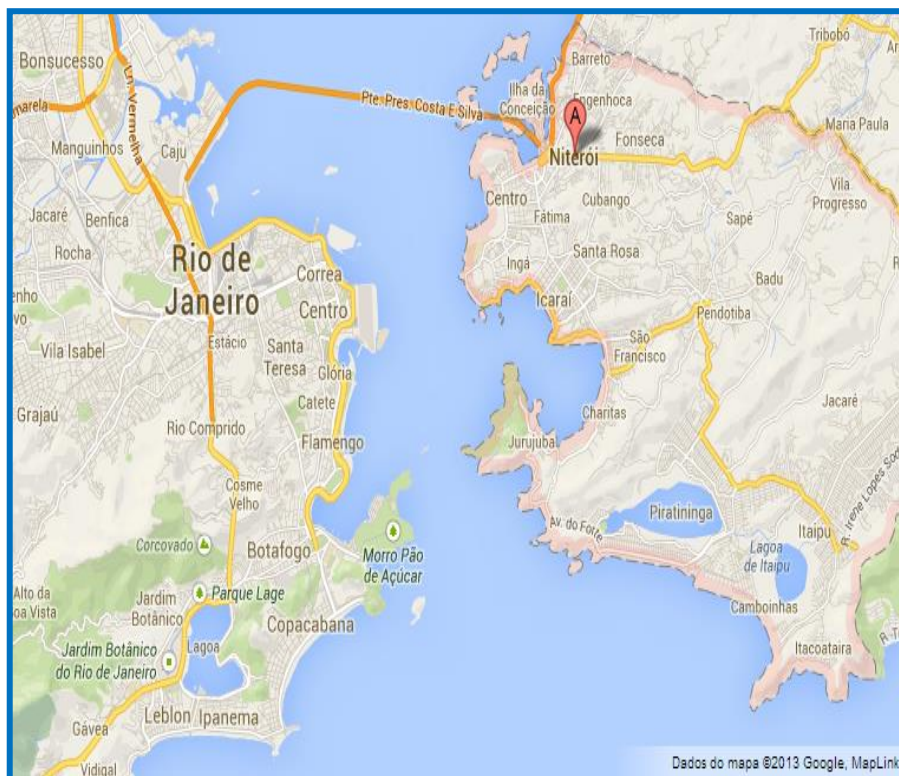
Current coordination: Flavia Machado, Nicolle Balieiro, Suzanna Lamartin e Vitória Guimarães, at your disposal.

*All the information in this guideline was found on the Internet, and is subject to change

⇒ ***Niterói***

Niterói is a city of the state of Rio de Janeiro, in the southeast region of Brazil. Its population is estimated on 497.893 inhabitants. Our city is nearby Rio de Janeiro, the wonderful city, which can be accessed by a bridge named **Ponte Presidente Costa e Silva**, also known as **Ponte Rio–Niterói**, that crosses the Guanabara Bay, as illustrated in the map below.

Niterói has many beaches, but be careful! *Icaraí* and *São Francisco* beaches are not appropriate for swimming, due to water pollution. However, there are many paradisaical beaches such as *Itacoatiara* and *Camboinhas*, in what we call the “oceanic region” of the city.



The map highlights the most relevant neighborhoods of the city. Amongst them, *Centro*, *Icarai* and *Inqá*, the ones you will go more often.

⇒ Arrival

Niterói has no airports, therefore, we suggest you should buy tickets to either one of this two airports in Rio de Janeiro:

- Santos Dumont Airport
- Antônio Carlos Jobim – Galeão

LUGGAGE:

- Locate your luggage and don't lose it out of sight..
- Do not carry luggage who does not know about your property or whose content you do not know
- In case of injury or loss to luggage, contact the Airline still on the arrival lounge. If found, the luggage must be returned to the passenger in the location he indicates. Otherwise, the company must indemnify the passenger after 20 days. If there is theft involved, the police should be contacted.



ACCESSIBILITY

Before leaving the airport, check your routes. Take a map or a GPS device with you. We discourage car rental. Public transport is safer and cheaper. Moreover, here in Brazil there is a law named “Lei Seca” which forbids drink driving.

HAVE YOUR PASSPORT WITH YOU AT ALL TIMES

TRANSPORT

*subject to change

- When you arrive at Santos Dumont Airport

Take a cab to *Praça XV* – “Square fifteen”, and buy a ticket to Niterói in *CCR Barcas*- a ferry company, to *Praça Arariboia*. (check opening hours and prices at this link:

<http://www.grupoccr.com.br/barcas/linhas-horarios-tarifas>)

Tip: this route should be taken during daylight. At night, this area is dangerous.

You can also take an uber. In the airport, go to “Shopping Bossa Nova Mall”, where you can find the Uber Lounge. Then, if you have the Uber app, you can ask for a car, and the price is usually fair.

Besides, it is possible to estimate the price of your trip.



What is uber?

In Brazil, we can use a private car transport through Uber or taxi companies. The prices vary according to several factors. If you have a smartphone, we suggest you should download apps from these companies, like uber, easy taxi and cabify. The companies accept both cash and credit cards.

Tip: Always check if the driver and car correspond to what the app shows. During the trip, pay attention to the route, and at the end check your change.

Observation: Taxi drivers may charge for luggage. Always ask about the price before the trip.

- When you arrive at Galeão Airport:

On your way out, ask about the bus stop to Niterói. You can take any bus with *Charitas* or *Icaraí* as destination.

We recommend this site to search for times and fares:

<http://www.rjbr.org/r/rio-de-janeiro/transportes/onibus/auto-viacao-1001/web/pt/negocios/linhasurbanas/charitasxgaleao.html>

Uber is still not completely regulated in some places in Rio de Janeiro. If you want to take an uber to Niterói, put your current location as “*estrada do Galeão*”, and then call the driver (the app allows calls through the internet, and has an option for English speaking drivers) and set a meeting point.

Tip: Usually, uber is much cheaper than taking a regular taxi.

IN NITERÓI:

The city has a wide net of buses, making car rental unnecessary. Uber and taxis are usually more expensive, so we recommend them during night periods or when shared with more people.



⇒ *Hosting*

Here in Niterói, you will be hosted by a UFF medical student. We select our hosts and introduce them to our exchange students before their arrival, through facebook or whatsapp.

Host's duties

- Guarantee accommodation during the entire exchange period.
- Guarantee at least one meal per day or provide pocket money for the student.
- Offer a place for the student to study.
- Provide with access to the internet.
- Establish the house rules on the first day, in order to avoid misunderstandings.
- To instruct the student about the internship place and surroundings.
- Care about the well being of the student.

- Provide with basic accommodation conditions.

-Establish communication with the sponsor.

-Keep CLEVUFF well informed about all possible problems or situations faced by the student.

-Keep contact with the exchange student before their arrival, thus helping with any possible problems.

If you have any complaints about your accommodation, contact CLEVUFF so that we can take all necessary measures to help you have a nice stay.

⇒ *Sponsors*

Sponsor's duties:

-Care about the well being of the student, being available for the student when necessary.

-Pick up the student at the airport and take to the host's house. Take the student back to the airport when the internship is finished.

-Take the student to the place where the internship will be taken, and introduce them to their tutors.



-Instruct the student about the city, important information, public transport and emergencies.

-Take the student to at least one social program per week, and help them plan the week.

-It is not among the sponsor's responsibilities to take care of all the student's translation needs. The sponsor must orient and help the student with transport, but does not have to take them everywhere.

-Check the student's Handbook, and verify if the 80% frequency rate is being respected. Otherwise, inform CLEVUFF about the situation.

-Keep contact with the exchange student before their arrival, thus helping with any possible problems

-If necessary, take the student to a currency exchange office.



If you have any complaints about your sponsor, contact CLEVUFF so that we can take all

necessary measures to help you have a nice stay.



WE APPRECIATE A NICE ENVIRONMENT BETWEEN STUDENTS, HOSTS AND SPONSORS. WHEN THE RULES ARE NOT FOLLOWED, THE STUDENT CAN BE EXPELLED FROM THE PROGRAM, AND THE SPONSOR AND HOST DO NOT RECEIVE THEIR SCORE, AND ARE EXCLUDED FROM THE NEXT PROGRAMS.

***Universidade
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Fluminense***

UFF's Rector, which coordinates the many courses offered, such as Law, Medicine and Engineering, is located at Miguel de Frias street, number 9, in Icaraí – Niterói.



Hospital Universitário Antônio Pedro, or HUAP, is where SCOPE takes place. It is located at Marquês do Paraná avenue, number 303.



For further information about our hospital, services and departments, access:

<http://rede.huap.uff.br/huap/>

SCORE may take place either at our hospital or at any other UFF campus, such as Valonguinho, located at Mario Santos Braga street (Ingá – Niterói), or Campus do Gragoatá, located at São Domingos.

All the places mentioned are easily accessed by bus. Always ask your host or sponsor for information.

➡ ***Student's Restaurant***

In Brazil, public universities have a student's restaurant known as "Bandeirão", that serves lunch and dinner at very cheap prices. Download UFF's app and check daily the menu that will be offered.



Opening Hours:

Gragoatá

Lunch: 11h30 to 14h30

Dinner: 17h00 to 19h00

Rectory

Lunch: 12h00 to 14:00h

HUAP

Lunch: 11h30 to 13h30

Price:



In order to enter the restaurant, you must have a student's temporary card and a ticket that must be bought in Gragoatá.

⇒ Tourism

NITERÓI

Itacoatiara and Camboinhas beaches

Itacoatiara and Camboinhas are located at *região oceânica* and are our main touristic attractions.

To get there, you can take bus 38 on *Gavião* Peixoto street or in Conceição street. Show the bus driver where you want to go, and he will tell you when you arrive.

There are no restrooms available at these beaches, and there are only few restaurants. So, we recommend you take a snack with you, and if you want to use the bathroom, go to a local shop.

Tip: when you get to Itacoatiara you will see a beautiful big rock,

named *Costão de Itacoatiara*. You can climb it, and the view from the top is just incredible. The track to go up *costão de Itacoatiara* is considered medium to hard, takes about 20 minutes, and must be taken during daylight. Wear light clothes, and shoes that protect your feet. Do not forget to take sunscreen, a bottle of water, and maybe a snack!



Itacoatiara beach



Camboinhas beach

Besides, don't forget to try the matte tea that they sell at the beach, the Itacoatiara natural sandwich, *sacolê*- a sort of popsicle in plastic, and *açaí*, a traditional brazilian fruit mixed with ice and *guaraná* They are all sold at the beach.



Açaí



Sacolê



Sandwich and matte tea



Globo biscuits

Parque da Cidade

If you are looking for the most iconic landscape of Rio de Janeiro, *Parque da Cidade* is the perfect spot! The park offers a panoramic view of *região*

oceânica's beaches, Guanabara bay, *Cristo Redentor*, Sugar loaf mountain, and other famous spots.

Inaugurated in 1976, the park is an environmental protection area, located at the top of *Viração* mountain, at 270 meters of altitude, occupying an area of 150 Thousand square meters. If you are looking for an adventure, you can go paragliding there, which costs around 350 brazilian reais.

The sunset in *Parque da cidade* is breathtaking, it's totally worth it to be there by this time.



Parque da Cidade

You can access the park by car, bicycle or on foot. The ascent is pretty steep. In order to get to the beginning of the track, take bus 38.

MAC – Museu de Arte Contemporânea

Niterói has several architectural works by Oscar Niemeyer, a very famous Brazilian architect. Amongst them, the Museum of Contemporary Art (MAC), one of the most visited in town. The expositions change periodically and can be consulted here:

<http://culturaniteroi.com.br/macniteroi/>

Address: Mirante da Boa Viagem, no number, Boa Viagem – Niterói



MAC

Santa Cruz da Barra fortress

The fortress used to be a prison with chambers of torture

and a square where hangings were performed.

Nowadays, the place is open to visitors.

Address: Estrada Eurico Gaspar Dutra, no number - Jurujuba
Tel.: 711-0462

Opening hours: daily from 09:00 to 16:00 h.

Price: R\$ 3,00 for adults.

How to get there: in Icaraí beach, take any bus with *Jurujuba* as a destination, and show the bus driver where you want to go, he will tell you when you arrive.



Santa Cruz da Barra Fortress

RIO DE JANEIRO

Rio de Janeiro is also known as the wonderful city, and we will show you that Rio lives up to all expectations.

In the following map, the most important neighbourhoods and streets of Rio are shown.



The ones written in blue are the most regarded neighbourhoods in the South zone of Rio: Leblon, Ipanema e Copacabana. However, Rio also has a lot of magic hidden in neighbourhoods like Barra da Tijuca, Jardim Botânico, Santa Teresa, Lapa, Urca, etc, each one with their history and tradition.

Although public transport in Rio offers you many possibilities, such as subway, buses, trains, BRT and VLT, it is very complicated, and cannot be properly mapped. We suggest you should always talk to your hosts and sponsors about your intentions, and ask for information. Besides, there is a smartphone App named *Moovit*, that shows possible routes for a destination. It is available at:

<https://www.moovitapp.com>

Bicycle tour in Rio de Janeiro

The wonderful city has a bicycle rental network sponsored by a Bank named *Itaú*. In this link below, you can see the stations with available bikes, fares and other information.

<http://www.mobilicidade.com.br/bikerio.asp>

Thus, you can choose the neighbourhoods you want to go to, and through the App *Bike Rio*, you can withdraw your bike and return at any other station you like.



Bike tour

Suggestion: Rent a bike in Leblon and use the **Niemeyer bike path** to get to São Conrado neighbourhood. The path is 3,9km long, and can also be taken on foot.

Cristo Redentor

Christ the Redeemer is a famous statue at the top of *Corcovado* hill.

It is 709 meters above sea level. The statue stays within Tijuca National Park, and almost the entire city can be seen from it. It is a must-go! Access this link for information about prices and how to get there.

<http://ticket.corcovado.com.br>



Christ the Redeemer

Attention: Be careful with SUVs that offer tickets and transport. Only close deals with authorized travel agencies.

Tracks:

Tracks are a great opportunity to see Rio from another angle. Here, we will provide you with information about many tracks, but even though many of them have signs along the way, you should only go hiking with other people who know the way, or with specialized travel agencies.

Tip: Since Rio reaches high temperatures almost the whole year, but especially during summer (it may reach 45 celsius degrees), we suggest you should use sunscreen, wear light clothes and take a lot of water with you.

1) Pedra Bonita

The way up to the top of Pedra Bonita (Beautiful Rock) is not difficult, and has few obstacles. The rock stays within Tijuca National Park. The hike is considered light, and takes about 40 minutes. It starts in *Estrada da Pedra Bonita*, at the bifurcation of *Estrada das Canoas*. Next to the hike's start, stays a hand-gliding ramp, which offers delta wing and paragliding flights.



Pedra Bonita

2) Morro da Urca

The track that takes you up to the top of Urca hill is about 1,5km long. It alternates between steep ascents and plane segments. It takes about 40 minutes on foot to be rewarded with a gorgeous Guanabara bay view. The hike starts in *Claudio Coutinho* walking path, on the left corner of *praia vermelha* (the red beach). Through this way, you reach a cable car terminal, where you can buy a ticket to go up to SugarLoaf, or down to the *praia vermelha* (red beach) again.



Urca Hill and SugarLoaf

3) Pedra da Gávea

The Gávea Rock hike is considered one of the most difficult in Rio. It requires good physical condition and attention to climb this rock. Despite the long way, the track is really rewarding, amazing you with a stunning view.

To minimize the risks of accidents, it is highly recommended to get support from a guide. At the end of the trail, there is *escalada da carrasqueira*, a wall with approximately 30 meters high, considered the critical point of the hike. The rock stays within Tijuca National Park.



Pedra da Gávea

4) Morro dois Irmãos

The Two Brothers Hill is one of Rio's postcard scenarios. Its is possible to get to the top of the "big brother", through a track of 1,5km lenght. At the end of the trail, you will be surprised by a beautiful view from the entire South zone of Rio. The Vidigal Community is the start point of the track. In order to get there, you have to find a soccer field in the olimpic village of the community.

Alternative means of transportation, such as SUVs and motorcycle taxis are available at Vidigal's entrance, and can also take you there.



Morro Dois Irmãos

5) Corcovado

The start point is in *Parque Lage*, surrounded by birds, butterflies and little monkeys. It is a two-hour way up, and it is recommended to have a guide with you, since the hike is considered difficult. Still in the beginning of the trail, there are some waterfalls, perfect for a quick refresh. The area stays within Tijuca National Park.



Morro do Corcovado

6) Vista Chinesa

You can get to the Chinese View observation deck through a easily accessed trail. From the top, you can enjoy a large view of Rio's South zone. For the sport lovers, it is worth to go by bike, although good physical condition is required. The observation deck was built in oriental style, and stays within Tijuca National Park.



Vista Chinesa

7) Tijuca peek

Tijuca is the highest mountain of Tijuca National Park. It is 1022 meters high.

To get to the top, you must face a staircase with 117 stone steps, which can be discouraging for people with fear of heights. Maracanã, Gávea Rock and Guanabara bay can be seen from the top of the mountain, that stays within Tijuca National Park. The track has signs along the way, and it starts in *Largo do Bom Retiro*. However, the walk is not considered one of the easiest in Rio, since there are some steep ascents.

Although there is a snack bar and machines with soda and sweets, we recommend a picnic at the park.



Parque Lage



Tijuca peek

Parque Lage

Lage Park is a public park that can be easily accessed, located at Jardim Botânico street. The nature is abundant, it has an aquarium, a lake of ducks, and some trails.

Jardim Botânico

The Botanic Garden is a green area with about 9 thousand species of plants, located at *Jardim Botânico* neighbourhood. Because of how close it is to Lage Park, we suggest you should visit both in the same day. Official website with ticket's sale: <http://www.jbrj.gov.br>



Jardim Botânico

Santa Teresa:

1) Escadaria Selarón

Selarón staircase stays between *Joaquim Silva* street, in Lapa, and *Pinto Martin* street, in Santa Teresa neighbourhood.

Work of art by the plastic artist Jorge Selarón, the staircase gathers tiles from different parts of Brazil and the world. It is all colored up, and has hosted U2 and Snoop Dog videoclipes. Besides, it is a place chosen by Rio inhabitants and visitors for picture taking.



Escadaria Selarón

2) Ruins Park

Located at Santa Teresa neighbourhood, the park has a cultural centre, with free expositions, circus presentations, plays and music shows. It also has a beautiful view from Guanabara bay.



Ruins Park

3) Chácara do Céu museum

The museum is 250 meters far from the Ruins Park, and exhibits art collections, rare books, furniture and pieces of decorative art, distributed in a house with three floors.

4) Largo do Guimarães

Largo do Guimarães is located at *Almirante Alexandrin* street. It is a gastronomic point in the neighbourhood. The fun part are the local shops, that sell souvenirs, clothes accessories, paintings and pieces of decoration. With a little bit of luck, you may find an artist painting a new work. It is very common for that to happen there.

5) Santa Teresa tram

The famous tram line of Santa Teresa connects the city center to the neighbourhood.

However, it is not only a mean of transportation, but also a touristic attraction. They are part of the local scenery.

The tram line was out of order for 4 years, and was reactivated in 2015. Now, they are operating in two lines: Largo da Carioca- Largo do Guimarões, and Largo da Carioca-Francisco Muratori. The trains leave every 20 minutes from Guimarões, and every hour from Muratori. It costs 20 brazilian reais the round trip.



Santa Teresa Tram

Lapa:

1) Arcos da Lapa

The old Aqueduct of Carioca, also known as Arches of Lapa, is a postcard scenario in Rio. It is also a symbol of Old Rio, preserved in the bohemian neighbourhood of Lapa.



Arcos da Lapa

2) Rio Antigo market

Every first Saturday of the month, *Lavrado* street hosts the event. It consists of hundreds of little shops offering several products, such as furniture, clothes, accesories and pieces of decoration.

3) Nights in Lapa

Lapa is famous for its bars and clubs. Do not forget to try our famous *caipirinha*.



Caipirinha

Museum of tomorrow

The museum is a project by the spanish architect Santiago Calatrava. It stays next to Mauá square, in the port zone of Rio de Janeiro.

The themes of the museum are arts and science, including works that warn against the dangers of climate change, environmental damage and social collapse. The building has solar panels that move along a skylight, in order to adapt to environmental conditions. The main exposition is majorly digital and focus on ideas instead of on objects.

Opening hours: From Tuesday to Sunday, from 10h to 18h (last entrance at 17h)

Price: R\$ 20 (full price) e R\$ 10 (half price).

How to get there? You can take the ferry, that stops at square fifteen (Praça XV). From there to the museum, it takes 20 minutes on foot, but you can also take a bus (about 20 bus lines connect square XV to Mauá square).



Museum of Tomorrow

⇒ Safety

Beaches:

- Do not take valuable objects.
- Avoid leaving personal belongings with strangers, keep them with you at all times.
- Attention to for warning signs by the sand, such as “Danger” ou “Inappropriate for swimming”- “Perigo de correnteza” and “Local inapropriado para banho”
- The lifeguards wear red t-shirts and black swimwear, and stay in the lifesavers posts in the beach sidewalk.
- Identify an established spot to mark your position at the beach.

Public streets:

- Avoid walking on you own in isolated, desert, unknown or dark places, especially during the night.
- Always have your personal belongings with you, and avoid their exposure.

Incidents

Go to the special tourism support police office. Telephone number: (5521)23322924, or go to the nearest police station.