



# Welcome Booklet

**UEPa Local Committee – IFMSA Brazil**



Dear Guest of IFMSA-UEPA,

This Booklet aims to say hi and show you that we are very happy with your stay in our city and eager to receive you.

Furthermore, this booklet provides some information that we hope will be useful and make your trip the best ever.

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## 01. Brazil – Why would you come to visit us?

### **We are the largest country in South America!**



Brazil is the largest country in South America, the fifth largest country by geographical area and the world's tenth largest economy by nominal GDP.

### **We have the biggest tropical forest and a beautiful marine coast!**

Brazil's large territory comprises different ecosystems, such as the Amazon Rainforest, recognized as the biggest tropical forest having the greatest biological diversity in the world and extensive natural resources in a variety of protected habitats. Also, we have a wide marine coast bathed by the Atlantic Ocean and, of course, fantastic beaches. However, 90% of the country falls within the tropical zone, so it rarely gets very cold. Because it is in the southern hemisphere, the seasons are the opposite of those in the northern hemisphere: summer occurs from December to March.



**We are a multiethnic society, influenced by many cultures and traditions!**



A wide variety of elements create a society with considerable ethnic complexity. The core culture of Brazil derived from Portuguese culture because of colonial ties with the Portuguese empire. This culture ever, was strongly influenced by African, Indigenous cultures and traditions, and others like Italian, German, Spain and so on.

Furthermore, Brazilian people are known to be socially happy and receptive.

**We have Carnival, carimbó, forró, bossa nova and much more!**

Brazil's cultural tradition extends to its music styles, which include samba, bossa nova, forró, frevo, carimbó, lundu, national rock and many others. The festival of Carnival (Carnaval), with its spectacular street parades and vibrant music, has become one of the most potent images of Brazil.



## **We eat Feijoada, pato no tucupi, maniçoba and tacacá!**

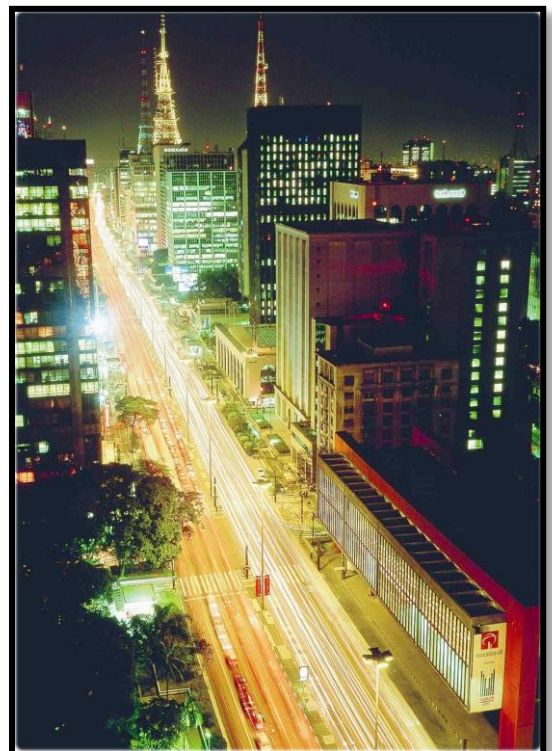


The national dish of Brazil, feijoada, contains black beans cooked with pork and many other elements. Brazilian cuisine varies greatly by region. This diversity reflects the country's mix of native and immigrants and has created a

national cooking style marked by the preservation of regional differences. The typical northern food is pato no tucupi, tacacá, caruru, vatapá and maniçoba.

## **We drink Cachaça! (and other drinks too!)**

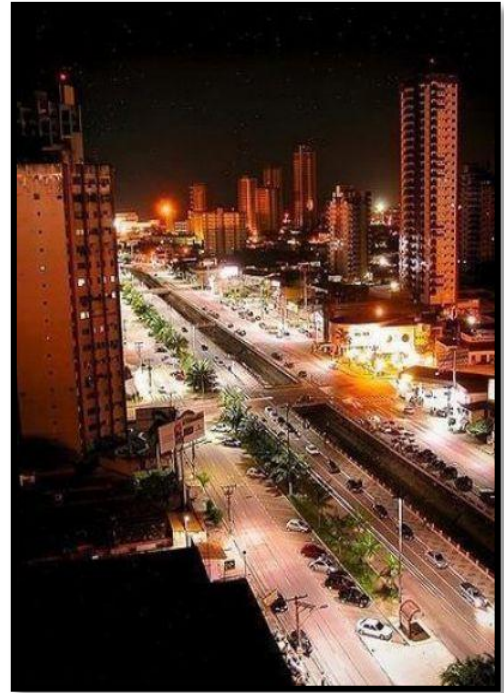
Cachaça is Brazil's native liquor, distilled from sugar cane, and it is the main ingredient of the national drink, the Caipirinha. Brazil is the world leader in production of green coffee (café); because the Brazilian fertile soil, the country could produce and expand its market maker and often establish its economy, which created a whole culture around this national drink.



## 02. So... Why would you come to Belém?

Belém is a city located at the north region of Brazil, specifically in a well-known place, the Amazon rainforest. It's the home of approximately 2.000.000 people, so you can say it's a pretty big city, with a long history and lots of cultural, social and economic hotspot.

The city was built right in front of a beautiful river that connects to smaller towns all over the state – including the ones at the Marajó Island -, and it's one of several nice places you'll have the chance to see while you are here. Let's talk about some of the reasons of why we think you made a good choice traveling to Belém:



### **We are the city of mango trees!**

Belém is famous for having several mango trees growing along streets in many touristic points over the central region of the city. The trees frequently grow big enough to form tunnels over some of our prettiest avenues.

## There are many spots you definitely shouldn't miss!

The capital of the state of Pará has some places you won't find anywhere else, as well as places every cool city have, for example: Things start at your arrival. The Val-de-Cans airport is one of the most modern airports in the country, and it's ready to help us to welcome you in the best way possible.



We also have some preserved buildings from our past, and they are definitely worth visiting. You can find a good place to take a walk (and

maybe some pictures) at the Batista Campos square or at the Bosque Rodrigues Alves, a complex with many native plants and animals.

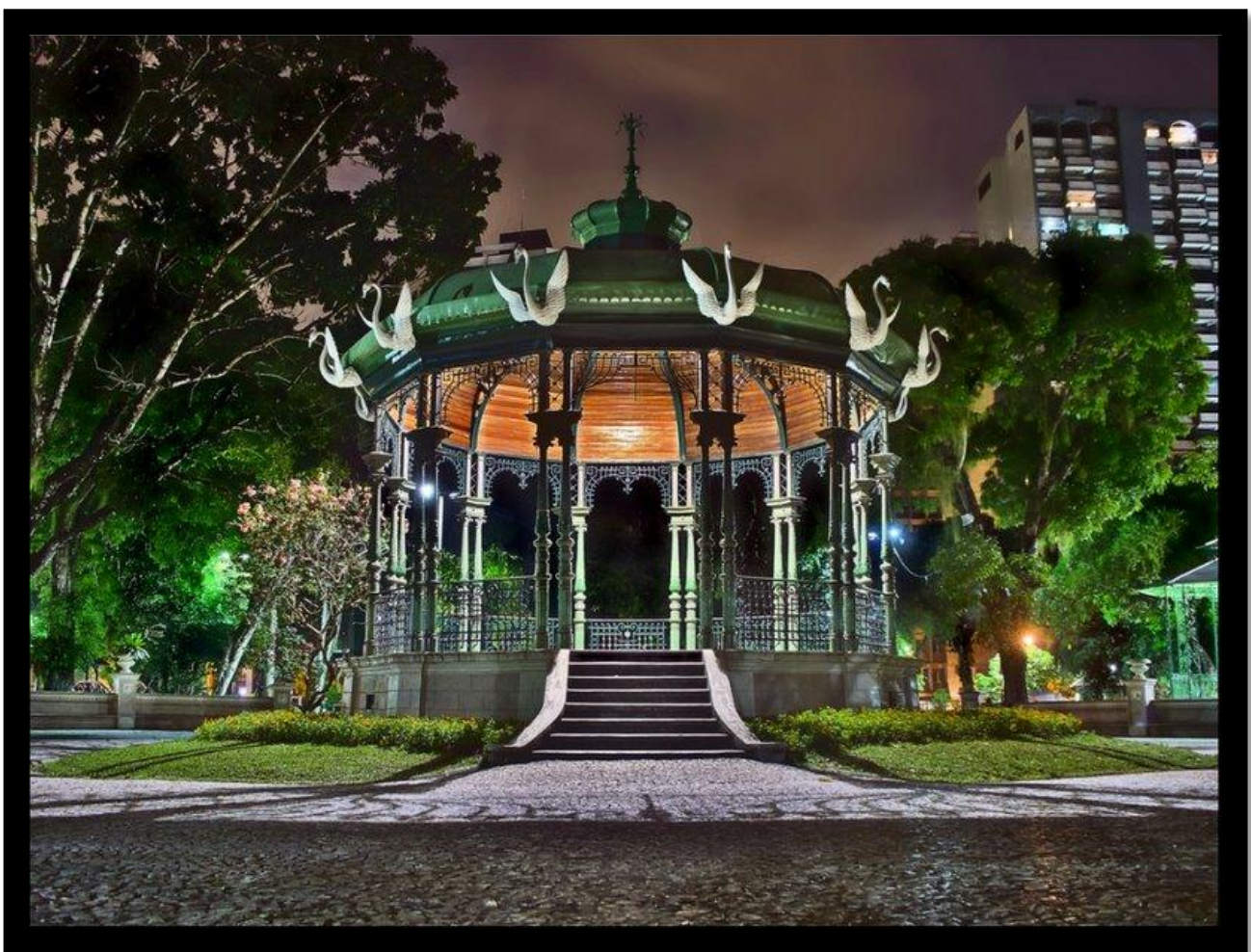


At the proximities of the older part of the city (“old town”) you'll find several different interesting sites, like the Basílica de Nazaré, a replica of the Basilica of São Paulo, located in Roma, the Feliz

Luzitânia complex, a charming place to go if you like good restaurants, art expositions and good music, the Estação das Docas, in front of the river where you can take a walk or a nice dinner, the list goes on.



With a hot weather, warm, receptive people and so many nice places to visit, Belém is undoubtedly a fine city to stay and enjoy a little of what Brazil can offer you.



## 03. Arrival

The International Airport of Belém (Val-de-Cans) is the largest and most important airport in our city and the busiest airport in the northern region of Brazil. The airport links Belém to other cities nationwide and worldwide. There



are a several number of domestic flights to Belém from other Brazilian destinations with several timetables to choice from many aviantion companies.

We would be glad to pick you up at Belém airport, so we kindly ask you to send us back your CC and send us an e-mail to **uepaifmsa-b@googlegroups.com** as soon as you buy your ticket to tell us your arrival details (date, time, number of flight). Please understand that it is not always possible for us to pick you up, but be certain we will do our best.

## 04. Home Stay

You're going to stay in some host student's house, who may live alone or with other students, but most students usually live with their families. Your meals will be defined by your host, but you can also eat at the hospital, at home or at restaurants. You can reach the house in which you will be hosted until two days before the start of their training and stay up to two days after the end of it.

For a good living it is important to talk with your hosts about the house rules, habits, culture and religion. Most brazilians are hospitable, informal and friendly. Shaking hands, kissing both cheeks and, more familiarly, hugging are the usual forms of greeting. Do not feel embarrassed!

## 05. UEPa, our laboratories and city hospitals

### UEPa

UEPa, you'll probably hear this name a lot while you're with us. It's an abbreviation for "Universidade do Estado do Pará" (State University of Pará). UEPa is a public university founded in 1993, and it is as one of the main technology, health and education production centers of the north region of Brazil. For a young university like ours, it's such an accomplishment!

Nowadays the university has 17 graduation courses, spread through many campi in several cities throughout the state. Specifically in Belém – where the administrative department is held - the university is separated in 3 centers, one for technology, one for education and one for health-related studies, researches and activities.



"CCBS" (Centro de Ciências Biológicas e da Saúde) is how we usually call the health-related center, and it comprises 5 graduation courses: Physical education, occupational therapy, physiotherapy, nursing and

medicine. There are 3 different buildings to hold the courses, all of them built specifically according to the needs of each course.

## LCE

The major laboratory where the exchange students do research is the Experimental Surgery Laboratory (LCE), created since 1997. One important course sponsored by the LCE is the practical-Theoretical Course of



Experimental Surgery. In This is discussed topics such as surgical instrumentation, synthesis, anesthesia and euthanasia techniques in rats, dieresis, hemostasia, gastrointestinal anastomoses and ostomies and anatomy of the rat. Furthermore, trainees participate in the LCE fortnightly technical administrative meetings on Fridays, which actively participate in the presentation of the Magazine Club to improve educational, scientific, critical and methodological approval of preliminary as well as monthly count with the participation of teachers guests who lectured on topics of general interest.

## City Hospitals

### Hospital de Clínicas Gaspar Vianna

The Public State Foundation Clinics Hospital Gaspar Vianna is an institution of the State Government founded in 1991 and completed in 2001. The hospital have a 22.000 square meters area and is certainly one of the most complete Brazilian medical centers. It's a State reference in psychiatry, cardiology and nephrology. Its mission is to guarantee a good quality service in ambulatory and hospital levels and to support health-related education and research projects.



### Santa Casa de Misericórdia do Pará

This hospital was certified in 2004 as a Teaching Hospital, and it is one of the major institutions helping students develop their abilities in Belém. Santa Casa is a regional reference in Pediatrics, neonatology, gynecology and obstetrics, general surgery, cardiology and dermatology, taking care of hundreds of



people every month. The education sector of the hospital develops programs of residency in several areas, like neonatology, gynecology and obstetrics, pediatric nephrology, general surgery, pediatric surgery and radiology.



## 06. Social Program

The social program varies monthly, depending on the people planning the reception and of course on your wishes.

We will organize meetings during the week, usually on Thursday at a bar in the centre of the city.

The detailed social program of your month will be sent to you a couple of weeks before your arrival. We hope you will enjoy it!



## 07. Social Life

### Dictionary

<b>Useful greetings</b>	<b>Cumprimentos Habituais</b>
Hi	Oi
Hello	Alô
How are you?	Como vai?
Good morning	Como está?
Good afternoon	Boa tarde
Good evening	Boa noite
Nice to see you	Prazer em vê-lo
<b>Useful leave takings</b>	<b>Despedidas Habituais</b>
Goodbye	Adeus
Bye	Até logo
See you	Até logo
See you later	Até mais tarde
See you in a while	Até mais tarde
See you tomorrow	Até amanhã
Good night	Boa noite
<b>Polite expressions</b>	<b>Expressões de Cortesia</b>
Thank you	Obrigado
Please	Por favor
Excuse me	Com licença
I'm sorry	Desculpe
<b>Polite responses</b>	<b>Respostas</b>
Of course	Pois não

Certainly	A vontade
That's all right	Não foi nada
<b>Useful expressions</b>	<b>Expressões Úteis</b>
I'm hungry	Estou com fome
I'm thirsty	Estou com sede
I'm tired	Estou cansado
I'm early	Estou adiantado
I'm late	Estou atrasado
I'm in a hurry	Estou com pressa
I'm sick	Estou doente
I'm lost	Estou perdido
It's an emergency	É uma emergência
It's important	É importante
It's urgent	É urgente
<b>Days of the week</b>	<b>Dias da Semana</b>
Sunday	Domingo
Monday	Segunda-feira
Tuesday	Terça-feira
Wednesday	Quarta-feira
Thursday	Quinta-feira
Friday	Sexta-feira
Saturday	Sábado

## Local Cuisine

Our State's gastronomy shows the marks of different people who flocked to the city throughout its history, highlighting the marked Indigenous influence. Fruits such as açaí and cupuaçu, seeds such as castanha-do-pará, and different varieties of fish are largely used in local



cuisine. Among the best known dishes you will find the caldeirada, caruru, maniçoba and the pato no tucupi.



## 08. Other Useful Information

### Money

The Brazilian currency is the real (which has notes of 1, 2, 5, 10, 20, 50 and 100 reais, and coins of 1, 5, 10, 25, and 50 cents and 1 real). You can exchange money at the airport or in exchange offices of the city, in the central region. Here in Brazil only our currency money is accepted to pay things, so we advise you to exchange some of your money since your arrival. Below we try to show you an idea of how cheap are some stuff here:

- Ordinary meal: R\$10,00 = US\$4
- Coke (can): R\$2 = US\$1
- Small coffee: R\$2,00 = US\$1
- Pizza (family size): R\$30 = US\$15
- BigMac, with French fries and a soft drink: R\$15= US\$7,5
- Train ticket: R\$2,80 = US\$1,4 Bus ticket: R\$2,50 = US\$5
- Cinemark tickets: R\$16,00 = US\$8 (1/2 price for International Student Card)

## Communications

To make a phone call from your country, the dial code is *+ 55 (Area Code) (Phone Number)*. The area code of each city you can check on the specific page of each local committee, on the bottom.

Once you are in Brazil, to make international calls, dial: *0021 + (Country Code) + (Area Code) + (Phone Number)*. Remember that when you make phone calls from your host's house you will have to make it as a collect call. To do it, you must dial 9 before the complete number.

## Exchange Conditions

Don't forget to:

**Bring your *International health insurance (obligatory)*:** It's the insurance that pays for medical expenses. It is sometimes used more broadly to include insurance covering disability or long-term nursing or custodial care needs;

**Bring your *Professional liability insurance*:** also called Medical Malpractice, protects professional practitioners against potential negligence claims made by their patients or eventually complain in hospital/lab where you will stay;

**Send back your CC;**

**Inform us about your arrival details via email;**

**Read the Exchange Conditions.**