# Table of Contents

I. Welcome and Program Overview ............................................................................................................. 2

II. Calendar - UFJF ...................................................................................................................................... 4

III. Academic Arrangements ......................................................................................................................... 5

IV. Preparing to Go and Arrival
   - Passport and Visa ................................................................................................................................. 7
   - Travel to Brazil ..................................................................................................................................... 7
   - Police Registration .............................................................................................................................. 8
   - Communication ...................................................................................................................................... 8
   - Money ................................................................................................................................................... 8
   - Packing Considerations ...................................................................................................................... 9
   - Suggested Packing List ....................................................................................................................... 10
   - Mental and Intellectual Preparation ................................................................................................. 11
   - Culture Shock .................................................................................................................................... 11

V. Host Country Information ......................................................................................................................... 12

VI. Health and Safety .................................................................................................................................. 14

VII. Program Arrangements ........................................................................................................................ 16

VIII. Housing Arrangements ....................................................................................................................... 17

IX. ACM Program Rules and Policies
   - Tuition, Program Fees and Refunds .................................................................................................... 18
   - ACM Off-Campus Grading Policies ................................................................................................... 19
   - ACM Policy on Academics: International Programs ...................................................................... 20
   - ACM Policy on Sexual Harassment ................................................................................................... 22
   - ACM Policy on Personal Abuse .......................................................................................................... 23
   - ACM Policy on Dual Relationships ..................................................................................................... 23
   - ACM Policy on Discrimination ........................................................................................................... 23
   - Personal Information “Opt-Out” Form .............................................................................................. 24

X. Program Contact Information .................................................................................................................. 25
I. Welcome and Program Overview

Congratulations on your acceptance into the ACM – Brazil exchange program. As a student from an ACM college participating in this program, you are part of a two-way exchange, in which a Brazilian student from either the Universidade Federal de Juiz de Fora (UFJF) or the Universidade de Brasília (UnB) studies at your home college while you take his or her place in Brazil. Thus, your participation not only provides you with an immersive educational experience, but also contributes to the internationalization of your home campus.

There are two distinct exchange program options available to students looking to spend a semester studying in Brazil:

- **Option #1 – Liberal Arts & Sciences exchange program:** This ACM program, originally begun at Colorado College in 2001, has now been broadened into a program available to students from all of the ACM campuses. At UFJF, students will have the opportunity to take classes in a variety of subject areas in the arts, humanities, sciences, and social sciences, as well as intensive Portuguese language. Available to students from any academic major, the program is ideal for students interested in Latin America who would like to learn or improve their Portuguese (particularly students who already know Spanish).

- **Option #2 – Environmental Studies exchange program (UFJF or UnB):** Focused specifically on environmental studies, this program provides the opportunity for students to study at either of two prestigious Brazilian universities. Students chosen for this program will be named "ACM-Brazil FIPSE Environmental Fellows" and are eligible for a limited number of scholarships to cover intensive language training and/or living costs.

  **Universidade Federal de Juiz de Fora (UFJF)** - The environmental program at UFJF is focused on an interdisciplinary approach to the biological connections driven by chemical and physical forces, examining how humans can survive alongside nature by means of ethics and respect, and supported by field activities in a region characterized by a mountainous landscape with an amazing complexity of ecosystems and incredibly high biodiversity.

  **Universidade de Brasília (UnB)** - The environmental program at UnB is focused mainly on studies of the ecological richness and disturbances of the Brazilian Cerrado, the savannah biome that exhibits the greatest biological diversity among all the world’s savannas, yet has been affected in recent decades by agricultural procedures which have adverse impacts on water resources and biodiversity patterns.

Regardless of which program option you choose, you will be in the fortunate position of spending a semester in Brazil, a country which is basking in new-found and well-deserved respect on the world scene — a recognized leader in Latin America and elsewhere, the beneficiary of a dynamic economy that is the envy of much of the rest of the world, and the location of the first Olympics to be held in South America. These augment the picture of Brazil as a multi-cultural society which takes great pride and enjoyment in its captivating music scene, renowned soccer teams, stunning natural environment, and annual over-the-top Carnival celebrations. Under the former President Luiz Inacio Lula da Silva (usually referred to simply as “Lula”), the Brazilian economy experienced sustained growth and the standard of living has improved for all sectors of society. The Brazilian government has also undertaken a significant program of investment in the country's infrastructure, providing support for innovative programs and
technology, including biofuels, to help preserve its diverse ecology and spectacularly rich biodiversity. In an expression of support for the accomplishments of Lula’s government, Brazilian voters have recently chosen Dilma Rousseff as his successor. A former dissident who was imprisoned in the 1970s, she became Brazil’s first woman president on January 1, 2011. The ACM programs in Brazil are an ideal opportunity for students to see what all the excitement is about.
II. Calendar - UFJF

The Brazilian academic year runs from March to December, with the first semester beginning in March and ending in July, and the second semester running from August until early December. During the 2011-2012 academic year, professors at federal universities, including UFJF, went on strike. As a result, the first and second semesters of the 2013-2014 academic year have altered start and end dates.

Spring 2014 semester

**February 28, 2014 – July 25, 2014**

Friday, February 28, 2014: Students arrive in Rio de Janeiro, UFJF shuttle pick-up  
Monday, March 3, 2014: Start of intensive Portuguese course  
Monday, March 17, 2014: First day of classes at UFJF  
Thursday, July 24, 2014*: Last day of classes at UFJF  
Friday, July 25, 2014*: Students depart

*Ending dates are tentative
III. Academic Arrangements

UFJF is part of the federal university system, a network of universities established in 1960 as part of Brazil’s national higher education program. UFJF, like other universities that are part of the federal system, is highly competitive in its admissions and has been ranked the sixth best university in Brazil. It offers a wide range of subjects, from Art to Electrical Engineering; this means that exchange students have a very broad range of courses that are open to them. A major difference between Brazilian universities (and universities elsewhere in the world) and those in the U.S. is that Brazilian students apply for a specific subject, and once admitted take all of their courses in that subject. Visiting exchange students, however, may elect courses in multiple disciplines—although it will be easier to meet other students if you stick to courses in one discipline. Students who are part of the Environmental Studies exchange can take courses with an environmental focus that are not in the environmental discipline, i.e. Sustainable Architecture Design.

You will find that classes are quite different from what you have come to expect on your home campus. The most obvious difference is that your courses will be in Portuguese, and while this may seem overwhelming at first, with time you will find that you understand more and are feeling more at ease. Secondly, the classes will most likely be organized differently from the way they are at home: classes are more likely to be lectures than discussions, and you will likely not receive the detailed course and assignment information that is contained in a syllabus. In general, you can expect that the day-to-day requirements will be less than at home and there will be few specific readings assigned. All the same, you should attend class regularly and keep up with the reading—as a non-native speaker, it will take you longer to read materials in Portuguese, and if you fall behind, it can be difficult to catch up. Professors are generally understanding about the difficulties that can be caused by doing course work in a new language. If you have questions about material covered in class or about your reading, be sure to speak with the professor after class. (Professors rarely hold office hours, and you will want to introduce yourself after class and explain you are an exchange student from the U.S. You will find that professors are likely to be both approachable and helpful.)

Students will choose their classes with the help of the Secretaria de Relações Internacionais (SRI, or International Relations) office upon arrival. As preparation for choosing your classes, you can access the ‘course catalogue’ with the descriptions of each course: go to the SRI website, ‘UFJF’ link to ‘Obtenha informações sobre os cursos oferecidos pela UFJF’ link, and then ‘Curriculo dos cursos’ link. The direct address of the webpage is: http://www.ufjf.br/cri/ufjf/cursos-ufjf/curriculo-dos-cursos-de-graduacao/ The webpage with the course schedules is: http://www.ufjf.br/cri/ufjf/cursos-ufjf/horario-das-disciplinas/. Although information about the semester’s course offerings and the schedule tend to be available only just before the term begins, we recommend that you browse the pages for the appropriate department or unit before you travel to Brazil to get a sense of the kinds of courses that will be offered. You should also speak with your advisor at home about the kinds of courses you may want to take while at UFJF. The UFJF is on the semester plan, which means that classes are frequently offered at different times during the day. Generally, students choose to take all of their classes either in the morning, afternoon or evening. Each class generally meets one time a week for four hours. Students have two weeks after the official start of the semester to change courses and should consult the SRI office before doing so. Keep in mind that if you add or drop a course after this date, your UFJF registration will not reflect this, and the transcript from UFJF will show a failure for the dropped course and no report of the added course.
The process for recording grades and creating transcripts at UFJF is as follows:

1. Once at UFJF, the exchange student fills out a form provided by the International Relations Office with the course names and codes that he/she wants to enroll in.

2. The International Relations Office contacts CDARA, the UFJF center for academic registration, to complete the course registration. Once registered by CDARA, courses appear online (SIGA system). Students can access their enrollment status online.

3. By the end of the semester, the final grade for each course is recorded directly in SIGA by the faculty. A transcript will be produced for each student.

Students at UFJF are graded from 0 to 100, with 60 being the lowest passing grade. You should be aware that although it is unlikely that attendance requirements are spelled out in class, **there is a minimum attendance requirement (75% of classes) in order to receive a passing grade.** Most courses have three exams (or papers or presentations) per semester, and in some instances the instructor may exempt students who have done especially well from taking the third, final exam. You can expect to receive one credit for every 15 hours of class; since most courses meet for 60 hours during the semester, you will earn four credits for each class. At the end of the semester, UFJF will report your numerical grades to ACM, and ACM in turn will convert the grades according to the scale below and report them to your home college. If you have not attended the minimum number of classes, UFJF will not report a grade for the course and you will thus not earn any credits for the course. Please keep in mind as well that each college has its own policy regarding grades earned off-campus, and your college academic record will reflect your college’s policy.

**ACM strongly recommends that you keep copies of all work submitted for your UFJF courses until after you have returned to your home campus.** You will want to confirm that the courses/grades recorded on your academic record accurately reflect your semester at UFJF; your home college advisor may also wish to review your work to determine if a course from UFJF can be used to satisfy a requirement in your major or another course requirement.

<table>
<thead>
<tr>
<th>UFJF Grade</th>
<th>ACM Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100</td>
<td>A</td>
</tr>
<tr>
<td>86-89</td>
<td>A-</td>
</tr>
<tr>
<td>82-85</td>
<td>B+</td>
</tr>
<tr>
<td>75-81</td>
<td>B</td>
</tr>
<tr>
<td>72-74</td>
<td>B-</td>
</tr>
<tr>
<td>70-71</td>
<td>C+</td>
</tr>
<tr>
<td>63-69</td>
<td>C</td>
</tr>
<tr>
<td>60-62</td>
<td>C-</td>
</tr>
<tr>
<td>55-59</td>
<td>D</td>
</tr>
<tr>
<td>0-54</td>
<td>F</td>
</tr>
</tbody>
</table>

The only required course is the following:

**Intensive Portuguese and Cultural Orientation to Brazil**

Instructor: Ulisses Belleigoli

Required course, 2 semester credits

In the two weeks before the start of the university semester, students take a required intensive Portuguese language class in Juiz de Fora. Class will meet for four hours daily during these two weeks, and instruction will be tailored to students’ language levels and needs. In addition to intensive language instruction, students will be provided with an introduction to Brazilian culture, the city of Juiz de Fora, and the UFJF campus. Classroom work throughout the course will be supplemented by excursions and site visits.
IV. Preparing to Go and Arrival

Passport and Visa

You will need a visa (student visa: VITEM IV) for your semester of study in Brazil and should apply for one **two months in advance of your departure for Brazil**. ACM will send you separately information about the visa process, and we recommend that you work through a visa service with jurisdiction for your place of permanent residence. Visa regulations vary from one consulate to another, and many require that you appear in person to drop off and pick up your passport. For this reason, we recommend a visa service, which may request additional documentation. Please review both the consulate specific information and the visa service information carefully.

Travel to Brazil

*Before you leave for your semester in Brazil, you must register online with the U.S. Department of State. Go to [https://step.state.gov/step](https://step.state.gov/step) and enroll yourself*

When making your travel arrangements for Brazil, you will fly to either Rio de Janeiro or São Paulo and from there travel to Juiz de Fora. Because UFJF has agreed to provide transportation from Rio to Juiz de Fora, flying to Rio, and specifically to Galeão Airport, is recommended. **The car will pick up students at Galeão Airport if they come on the designated arrival day (Friday, February 28 between 9 a.m. and 5 p.m. for Spring 2014)**; the cost for this is included in the program fee. If you fly into São Paulo, you will likely want to fly on to Juiz de Fora, as the distance by road is approximately eight hours.

If for some reason you are not able to meet the UFJF-arranged transport at Galeão, here are some alternatives:

**From Rio by private transport**: The International Relations Office at UFJF can suggest how to arrange for a private car or van to take you to UFJF. The cost of this trip will be your responsibility, and the estimated expense is 600 reais (about $350, which can be shared among multiple riders). You will need to make these arrangements through Sr. Edimilson Rosario da Silvain the International Relations Office (see his contact information at the end of this handbook). You will want to have the money in reais to pay the driver when he picks you up at Galeão Airport.

**From Rio by bus**: The International Relations Office – UFJF does not recommend that foreign students go alone from the Aeroporto do Galeão to the Rodoviária Novo Rio (Bus Station) to buy the bus ticket and travel to Juiz de Fora. If you have a friend who can meet you at Galeão, take you to the Rodoviária Novo Rio, help buy the ticket and put you on the bus, then this might be an option. But if this is not possible, we recommend you fly to Juiz de Fora. (Save the bus experience for the end of the semester.) It takes approximately three and a half hours to reach Juiz de Fora by bus. For more information see [www.util.com.br](http://www.util.com.br). You should be aware that the bus company will only accept Mastercard and **not** Visa.

**From Rio by plane**: There are no direct flights from the Aeroporto de Galeão to Juiz de Fora. The flights to Juiz de Fora depart from another airport in Rio, Aeroporto Santos Dumont. There is one flight per day from the Aeroporto Santos Dumont to the Aeroporto da Serrinha in Juiz de Fora. This flight is operated by the company “Trip Turismo,” and it usually departs at approximately 11 a.m. For more information, consult [www.voetrip.com.br](http://www.voetrip.com.br). To transfer from Galeão to Santos Dumont,
you will want to take a bus which goes directly from one airport to the other; depending on the traffic, it takes from 20 minutes to 1 hour to reach Aeroporto Santos Dumont.

**From São Paulo:** There are two daily flights from São Paulo to Juiz de Fora, departing from the Aeroporto de Congonhas, one in the morning and the other at night. The company that operates this flight is called “Pantanal.” For more information on prices and schedules see [www.voepantanal.com.br/empresa/site/](http://www.voepantanal.com.br/empresa/site/). It takes approximately eight hours to travel from São Paulo to Juiz de Fora by bus. For more information see [www.viacaocometa.com.br/](http://www.viacaocometa.com.br/).

**Police Registration**

Students must register with the police upon arriving in Brazil. Instructions on how to do this will be emailed by UFJF.

**Communication**

Unless you have a cell phone with an international plan, your U.S. cell phone will not work in Brazil. We suggest that rather than purchasing such a plan, you purchase an inexpensive cell phone in Brazil and buy minutes for your phone. Keep in mind that:

- Juiz de Fora is four hours ahead of Central Standard Time and five hours ahead of Mountain Standard Time.
- To call Juiz de Fora from the U.S., dial 011, the country code for Brazil (55), the city code for Juiz de Fora (32), and the number you wish to reach.
- If you wish to dial other countries from Brazil, dial 00, the country code, the city code and the telephone number.

You may also find it easy to communicate with home using Skype. For that you will need a laptop and Skype software (which can be downloaded free of charge); you may also wish to bring a headset.

**Money**

Although it is possible to open a bank account while you are in Brazil, we recommend that you change money from dollars to reais—the unit of currency in Brazil is the real, pl. reais—by withdrawing funds from your U.S. bank account using an ATM card. You will need to budget for housing, food, local transportation, and personal items. As an exchange student, however, you will not be charged tuition by UFJF; in addition, the cost of the intensive language course is included in the program fee, which ACM bills directly to your college (which in turn bills you or your parents). In using an ATM, you will typically get a favorable exchange rate, although there will be a transaction fee. Before going to Brazil, please let your bank know that you will be in Brazil so that they are aware that there will be transactions against your account from there.

You should also have a second way of getting funds such as a credit card. Visa and Master Card are widely accepted in Brazil, although some merchants may not accept them for small transactions.

As of July 2013, the exchange rate between dollars and reais is:

U.S. $1.00 = 2.2 reais
Packing Considerations

Although it may seem like a monumental task when you start, you should do your best to pack light! You will be glad not to have to deal with a lot of extra stuff during your time abroad. You will not have regular access to laundry facilities so it is advisable to leave your treasured items at home. Brazilian clothes are relatively cheap so if you discover that you need something you will be able to buy it there. This will also help you blend in more.

There are a few things that we definitely recommend that you do bring with you to Juiz de Fora. Although you may think of Brazil as a tropical country, the state of Minas Gerais, where Juiz de Fora is located, has a fairly temperate climate. The days will be warm, but winter days may be cold enough for a sweater or light jacket. Remember that the seasons are opposite of those in the Northern hemisphere; if you are studying in Juiz de For a for the second semester of the Brazilian academic year, you will be arriving in the winter and staying through the spring; similarly, if you are there for the first semester, you will arrive in summer and stay through the fall. Temperatures will range from the low 60s to mid 80s. An umbrella will be essential item as rain showers are common. For the most part Brazilians are casual dressers, and there is not much emphasis placed on high fashion. However, going out on the town can be a totally different situation, and often students dress to impress. Although the stereotype is that Brazilians wear very skimpy clothing, this is not generally true for cities besides Rio de Janeiro and during Carnival. You will also find that you do more walking in the city, getting to and from the university, or to bus stops. Because of this, comfortable walking shoes will also be an indispensable item. Other students suggest buying minor appliances, like hair driers, in Brazil because often times the power conversion can be tricky to manage. In Juiz de Fora, electrical outlets are all 110 volts.
**Suggested Packing List**

**Essential Items**
- Passport/visa
- Original visa application
- Certified copy of your birth certificate (in case of lost passport)
- ATM card, credit card, cash
- Copy of recent transcript (does not need to be official)
- 5 passport photos (3x4cms) (for official registration in Brazil)
- HTH insurance card (2 copies)

**Clothing**
- A few short-sleeve and long-sleeve shirts and a sweater
- Jeans
- Swim Suit
- Shorts (Females, short shorts will draw unwanted attention, even in a gym, so pack capris, Bermudas, boy length shorts)
- Light coat
- Comfortable walking shoes
- Pair of walking shoes you won’t mind getting wet such as Chaco, Teva, Merrell, or Crocs
- Pair of shoes for showering and walking around hotels, such as flip flops
- Umbrella
- Hat
- Underwear
- Socks

**Personal and Miscellaneous Items**
- Toiletry articles, including most U.S. brands, are readily available in Brazil.
- Portable toilet paper (Charmin makes travel rolls)
- Hand sanitizer
- Glasses or contact lenses + extra pair and copy of your prescription. Contact lens solution is expensive, so you might want to bring a semester’s supply.
- Enough prescription medicine to last your stay and copies of prescriptions (with Latin names)
- Gas-X dissolvable strips or chewable Pepto-Bismol, especially handy when traveling or eating roadside food
- Medicine kit with basic items such as Band-Aids, antibiotic cream, aspirin, antihistamine, antacids, etc.
- A bath towel and a beach towel
- Sunscreen
- Bug spray
- Camera and appropriate memory card
- Pictures of your family, home, and college to show to your host family or friends in Brazil
- Backpack for routine daily use (some students bring larger backpacks to use for travel)
- Money belt
- Guidebook
- Laptop computer
- Converter plug
- Water bottle
Mental and Intellectual Preparation

You should educate yourself about Brazil before you leave the U.S. We recommend that you read about the Brazilian economy and political system; you may also wish to read materials in your major field—e.g., about one or another environment in Brazil. See the following website for a list of Brazilian newspapers available on line: http://www.onlinenewspapers.com/brazil.htm

Suggested Readings

Brazil on the Rise, Larry Rohter
Samba, Alma Guillermoprieto
The Brazilians, Joseph Page
Brazil in Focus, Jan Rocha
Tree of Rivers, The Story of the Amazon, Michael Reid
Dona Flor and Her Two Husbands, Jorge Amado
Rebellion in the Backlands, Euclides da Cunha

Culture Shock

In the first weeks when you arrive on site it is not uncommon to experience culture shock, surprise, dismay, and even anxiety at the cultural differences in a new location and the unfamiliar situations in which you find yourself. The on-site orientation program is intended to help ease this adjustment, and you will in all likelihood find yourself adapting to the new culture and situations in a surprisingly short time. You’ll also likely discover that being able to settle in and “learn the ropes” can give you an enormous sense of self-confidence.

Research has shown that many students go through a three-step adjustment process in acclimating to their host country. In the first stage (once they have gotten over jet lag, if traveling internationally), they are likely to be excited and entranced by the novelty of being in a new location and delighted with most things around them. In the second stage once the initial euphoria has worn off, they may focus on the ways in which everything is different or “foreign.” The tendency is to highlight the differences and compare them unfavorably to things at home—the food is bad, the computer facilities are inferior, services are badly organized, etc. During the third stage, their view of home and their program location is more nuanced—they are likely to take a more analytic approach to both locations and to find good and bad things in each.

As a student studying abroad, you will undoubtedly feel uncomfortable at times, especially in the beginning, and likely hear your fellow students expressing similar responses. This is not unusual, and we anticipate that after a time these feelings of discomfort and insecurity will dissipate. We encourage you to speak with the program director and other on-site staff about your concerns and to raise any questions about the host country and the new culture to which you are learning to adapt.

Re-entry

When they return from studying off-campus, students are anxious to share their experiences with family and friends. Their experiences, even for a relatively short program, have been intense and exhilarating. They are often eager to convey the flavor and detail of this experience with those closest to them. For some students, off-campus study has been a transformative experience, both intellectually and personally, and they want those around them to be aware of the importance of their time off-campus. As one returned student recently remarked, “I can’t begin to tell you how different I am from who I was when I left campus.”

Readjustment to home can be a difficult process—as unsettling as adapting to the host culture when they first arrived abroad. Reverse culture shock may be expressed as criticalness of their own culture, a certain distanctness from family and friends, or simple “homesickness” for what they have left behind. All of this may continue for a number of months. The single most important contribution you can make to this readjustment process is to listen. Students who experience culture shock in its strongest form report that they find it hard to describe their time abroad to family and friends, who are seldom willing to take the time to listen to what they have to say.
V. Host Country Information

Brazil has some similarities to the U.S. including the vast size of the country and a history of welcoming immigrants and all cultures into the country. This has resulted in a wide variety of ethnic groups being represented in the country, and Brazilians are proud of this openness.

The stereotype of Brazil is of a country with a vast and remote interior, fabulous parties, and very friendly and welcoming people. And while there is often some truth in stereotypes, you’ll find that Brazil is much more than this. The first thing many people notice about Brazilians is how warm and friendly they are. It is said that once you meet a Brazilian you will be friends for life, or if you ever have any problems a Brazilian will probably invite you in and serve you a meal. You will likely find that not many people speak English; however, this should not stop you from trying to communicate with them. Most people will be delighted to hear you speaking Portuguese, even if it is a little rough. As you begin to transform your Spanish into Portuguese, don’t be afraid to try a little “Spanuguese” to get your point across. Brazilian Portuguese speakers can understand Spanish quite well, even if they don’t know any Spanish.

Brazilians enjoy the leisure time in their days. They will often sit for hours in a coffee shop sipping drinks and watching the world go by, or discussing politics with friends. You will find that many students go to bars and clubs every night of the week to hang out and dance. Dancing is a big part of Brazilian culture and most people, men and women, enjoy dancing at the local clubs. Students find that they do most of their socializing in bars and clubs in the city where they meet up with friends from the university. There are a few public parks in the city that attract people during the warmer months. Most students you meet will be very excited about speaking with you and often will want to practice their English with you. Visitors from the United States are not very common, and you will find that people want to discuss issues with you, whether it is in English or Portuguese. Drinking alcohol may not be as much of the college/university culture in Brazil as it is in the U.S., and you’ll find that although the drinking age in Brazil is 18, people do not as a rule drink to get drunk. You too should be mindful of the amount you drink so as to not become an embarrassment to yourself or your friends. Always remember that you are a visitor and a representative of an ACM college.

Restaurants
While the food your host family serves may be fabulous it would be a pity to miss out on all the great restaurants in town. There are restaurants with international cuisine all over the city. The university has a main restaurant that serves reasonably priced lunches, but there are also many different options throughout the city. There are a number of restaurants that serve local fare such as feijoada, which is a pork, rice, and bean stew, to more European foods, such as pizza and salads. Coffee is everywhere in Brazil: they grow it and it is considered some of the best in the world. Brazilians usually serve cafe com leite, which is a mixture of strong black coffee and hot milk. In short, you’ll find wonderful and inexpensive food to sample in Brazil; take advantage of this opportunity.

Transportation and Getting Around
Juiz de Fora is a bustling city with an extensive public transport system. You will find that most students walk or ride a bus to the university or anywhere else they might need to go. However, it is important to remember that often the buses do not follow the posted schedule. Buses are known to be an hour late or simply never arrive, but most students and professors will understand a late arrival if you have occasional bus difficulties.
There are quite a few historic cities and other sites in the surrounding areas that are well worth the trip. Traveling in Brazil is fairly cheap and most easily done by bus. There are usually frequent buses to major cities like Rio de Janeiro and São Paulo every day of the week and, less frequently, to smaller cities. You should make it part of your semester to explore the state of Minas Gerais, which is known for its rich colonial history and unique architecture. Most bus timetables can be found on the internet.
VI. Health and Safety

Even though Juiz de Fora is not as large as Rio de Janeiro that does not mean it is without the problems of a big city. Pickpockets and other minor thieves are common in the city, and you should be vigilant about keeping your valuables and money out of sight or easy reach. Crime is a reality in cities, and you are not immune to it – even in Brazil. Two simple rules (and you will learn others too) are: Never walk home alone at night and avoid badly lit areas. This goes for both men and women: as foreigners you may be perceived as vulnerable and targeted for robbery. Keep in mind too that excess consumption of alcohol blunts your judgment and can result in your putting yourself in risky situations.

Medical Preparation and Insurance

You will want to educate yourself about health conditions in Brazil, and as a first step we recommend that you consult the website of the Centers for Disease Control:


Please read carefully the information about recommended vaccines and immunizations, as well as about health conditions in Brazil in general.

If you regularly take medication, you will want to be sure that it is available, and in the same dose, in Brazil. Although the health insurance which ACM provides covers pre-existing conditions and pays for prescriptions, you will want to confirm that the medication is available in Brazil. If it is not, please speak to your American health insurance provider about obtaining a supply to take with you to Brazil. If you do take medications with you, please leave them in their original containers and keep them in your carry-on luggage. Do not have medications shipped to you.

Insurance

ACM will provide health insurance coverage for all students participating in its programs. This coverage is through HTH Worldwide, a company with long experience and excellent service in providing health coverage for students abroad.

The policy with HTH provides a broad range of coverage for students’ medical treatment while abroad. Here are several key features of the coverage:

- Coverage for both routine office visits and hospitalization;
- No exclusion for mental disorders or alcohol-related accidents or illnesses;
- Coverage for prescription drugs (excluding preventative medications such as Malaria prophylaxis);
- No exclusion for pre-existing conditions (except in the case of pregnancies beginning before the start of the program);
- Medical evacuation coverage (but not taxi fares); and
- No deductible.

The policy will cover students from the day before the start of the program through the day after the program ends, and thus be in effect for the time students will travel to and from their programs. It covers you not only while you are in the host country, but also during any time you may travel away from the program site—e.g., during program vacation periods.

To arrange for HTH payment for medical expenses, you (or the Program Director) should contact HTH in advance of treatment, and HTH in turn will contact the treatment provider. In the event that this is not
possible, or if the provider wishes payment in advance of treatment, the student is responsible for these costs and should then file for reimbursement by HTH. ACM will bill the student and/or the student’s family for any medical expenses or related costs (e.g., for transportation to the medical facility). ACM is not able to file medical claims on behalf of program students.

The HTH policy should **not** replace any coverage you have in the U.S., nor should you discontinue your American health insurance coverage—it provides only limited amounts of coverage for follow-up treatment of illnesses or injuries which begin while you are abroad provides and only for up to 60 days.

The cost of this coverage is included in your program fee, and ACM will handle your registration for the insurance. It is also possible for you to independently purchase additional coverage to extend the days that you will be covered by the ACM policy. The cost of this additional coverage is approximately $10/week. HTH will email students a welcome letter and an ID card a few weeks prior to departure; the welcome letter will describe how to log on to www.hthstudents.com to view the tools available to policyholders and to purchase any additional coverage. (You will need the ID number provided in the card and also a credit card to which the cost of the additional coverage can be billed. It is also possible to purchase the additional coverage by phone.)
VIII. Housing Arrangements

Students will live in student apartments (with 1-2 people) or in repúblicas (more than 3 people).

- **Apartment** – Students can rent an apartment with one or two other student roommates.
- **Living in a república** – This is the Brazilian name for an apartment in town rented by a group of students who live in a community and share living expenses and household responsibilities. The students are primarily Brazilian, but may include other international students.

The housing arrangements not only provide you with the opportunity to practice your Portuguese and learn about Brazilian culture, but also replicate the living situation of most Brazilian students (and, in fact, for students in much of the world), where the concept of a college campus does not exist in the same way that it does here in the U.S. Depending on your preference you will likely be between 10 and 30 minutes from the university either on foot or by bus. You will need to bring your own towel and toiletries, or purchase them on-site. Depending on your housing arrangement food may be included in the price you pay per month. You will probably want to investigate the food options at and around the university, especially for the midday meal. (These meals tend to be heavier than what you are used to eating at college so it may take your body a couple of weeks to adjust. Please see the cost sheet for estimate costs for meals.)

Students will need to take initiative to find their own housing. The SRI office recommends contacting the BES (Brazilian Exchange Student) Network at www.facebook.com/besnetwork to connect with a group of UFJF students. The BES Network strives to help exchange students adapt to the country, the culture, the people, and the university. One of the ways they achieve this goal is by helping exchange students find housing. The contact person for the BES Network is Frederico (fredpicorelli@hotmail.com). Another option is using the contact person in the SRI office who knows about some housing options: Thiago Coelli (intercambio.sri@ufjf.edu.br).