

FACULDADE de MEDICINA  
de  
RIBEIRÃO PRETO

# FMRP Foreign Student Guide

SCIENTIA  
TERMINUM  
AMOVERE

**FACULDADE de MEDICINA  
de  
RIBEIRÃO PRETO**



**SCIENTIA  
TERMINUM  
AMOVERE**

# Welcome!

Dear exchange student,

We are pleased to have you at the Ribeirão Preto Medical School of the University of São Paulo ( FMRP - USP ). We hope you will enjoy your stay in Ribeirão Preto and profit from studying here.

Lots of questions and challenges may come up before and at the beginning of your journey, and you may not know whom to ask for help. Calm down because here you may find many of the answers, as this manual tries to offer a lot of tools to facilitate your stay in Ribeirão Preto.

Maybe it is the first time you are in Brazil and especially so in Ribeirão Preto. So we want to help you from the moment of packing until you arrive here in order to make your integration into the academic life at the University of São Paulo and the town as easy as possible..

In the next pages you will find an overview of our campus, some tips before leaving your country of origin and information about how to arrive in Ribeirão Preto, university services and useful addresses. Ribeirão Preto has a wide range of cultural activities and we want you enjoy these as well. We will try our best to help you and make your participation in our academic and cultural life as pleasant and productive as possible.

International Relations Commission (CRINT) - FMRP-USP

Email: [crint@fmrp.usp.br](mailto:crint@fmrp.usp.br)

Phone: (+55) 16 3602 4536

# FACULDADE de MEDICINA RIBEIRÃO PRETO

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# FMRP-USP History

Zeferino Vaz, who was the founding director of the institution, selected the future Campus site, an old coffee farm: Fazenda Monte Alegre, whose last owner, Francisco Schmidt, was a German immigrant. For this reason FMRP-USP is today, located in a privileged natural setting with a rich variety of trees.

The first University hospital was handed over to the State by Sinha Junqueira, and is now the current Emergency Unit, located in the city center, where students take part of their classes. The current Clinical Hospital was built on campus in 1978, and in its conception the students, through the Academic Center “Rocha Lima” (CARL), played an important role.

Always progressing and expanding in its now over sixty years, FMRP-USP leaves a strong impression in all who pass through this institution as students, medical doctors, technical staff and professors, by its history and view of the future.



**“My friends, I come to create a School of Medicine. But I do not come to create an ordinary medical school. I will make this the best center for medical education and scientific research in the field of Medicine in the Southern Hemisphere”**

**Zeferino Vaz**



The Campus in 1951, showing the “Prédio Central”, the main building of the pre-clinical departments. The building hosted an agricultural school between 1930 and 1950.

The current buildings of FMRP on the campus. The Predio Central (red roofs) is now surrounded by trees. The Clinical Hospital complex with its two main towers is in the back.



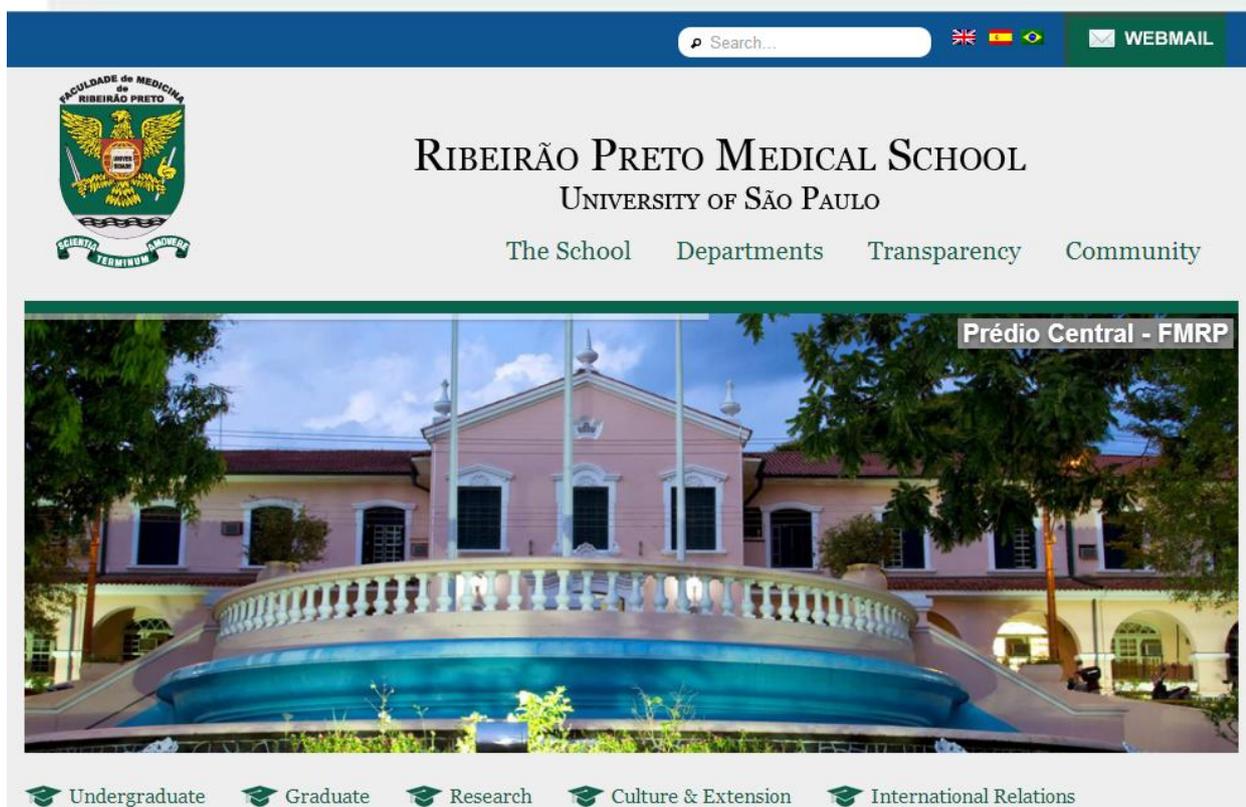
The Medical School started out with two courses, Medicine and Biomedical Sciences, and its alumni nowadays occupy many leading positions in Medical schools and Medical Centers in Brazil.

In addition to these course, five new courses in Health Sciences were created in 2001 in order to train students and promote them to work in multiprofessional teams. One of these courses, Biomedical Informatics, is an interfaculty course, integrating classes in mathematics and computer science with life and health sciences. The original Biomedical Sciences was also completely remodeled, starting in 2014 with a curriculum that has its strength in interdisciplinary courses and early hands-on practice in academic biomedical research. Thus, FMRP currently has 7 courses:

- Medicine (6 years)
- Nutrition and Metabolism (5 years)
- Physiotherapy (5 years)
- Speech-Language Therapy (5 years)
- Occupational Therapy (4 years)
- Biomedical Informatics (4 years)
- Biomedical Sciences (4 years)

# Visit the FRMP website:

Go to the link: <http://www.fmrp.usp.br/>



The screenshot shows the homepage of the Ribeirão Preto Medical School website. At the top, there is a dark blue navigation bar with a search box, flags for the United Kingdom, Spain, and Brazil, and a 'WEBMAIL' link. Below this is the school's crest on the left and the text 'RIBEIRÃO PRETO MEDICAL SCHOOL UNIVERSITY OF SÃO PAULO' in the center. A horizontal menu contains the links 'The School', 'Departments', 'Transparency', and 'Community'. The main content area features a large photograph of the 'Prédio Central - FMRP' building, a grand pink structure with a central balcony and a fountain in the foreground. At the bottom of the page, there are five menu items: 'Undergraduate', 'Graduate', 'Research', 'Culture & Extension', and 'International Relations', each accompanied by a graduation cap icon.

Here you can find lots of information about academic life, courses offered, course structure, class scripts, information for contact with professors, news, statistics and location.

Watch the institutional video of FMRP in the link on the FMRP webpage or copy the following address into your browser: <http://www.fmrp.usp.br/video-institucional/>

# Central Restaurant - “Bandejão”

The Central Restaurant, popularly known as ‘bandejão’, produces and distributes meals (lunch and dinner) prepared for students, staff and authorized visitors. Meals are subsidized by the government.

It is necessary to buy tickets beforehand; tickets are sold in the restaurant at the time of meals, except on Saturdays.



Lunch is served Monday to Friday, 11h00 to 13h30 and dinner from 17h15 to 19h15. On Saturdays only lunch is served from 11h00 to 13h00.

Link: [www.pcarp.usp.br/pages/restaurante](http://www.pcarp.usp.br/pages/restaurante).

**HOJE TEM FRANGO !** Is an app that shows you which meal the central restaurant is serving at each day of the week.



“Hoje Tem Frango”  
Seu Cardapio Móvel do Bandex  
(USP RJbelrão)

Google Play: [https://play.google.com/store/apps/details?id=br.hoje.tem.frango&hl=pt\\_BR](https://play.google.com/store/apps/details?id=br.hoje.tem.frango&hl=pt_BR)

Apple Store: <https://itunes.apple.com/br/app/hoje-tem-frango/id605815038?mt=8>

# Brazilian food

In Brazil we are used to eat rice and beans every day. This is the staple food of the Brazilian dish and it accompanies beef, pork, chicken, fish and salads



Othes foods that taste like Brazil:



**Churrasco**



**Feijoada**



**Coxinhas**



**Pão de queijo**



**Bolinho de chuva**



**Farofa**



**Brigadeiro**



**Açaí**



**Pastel**

# Central Library

The Central Library has a large collection of books, national and international journals, PhD and Masters theses and scientific papers published by faculty members of the Campus of Ribeirão Preto. It operates for all courses on the Campus.

Watch the institutional video of the central library in the following link:

<https://www.youtube.com/watch?v=7IEQoVUdyzk>



## Hours:

Semester, Monday to Friday from 8h00 to 21h45, Saturdays from 7h30 to 13h30.

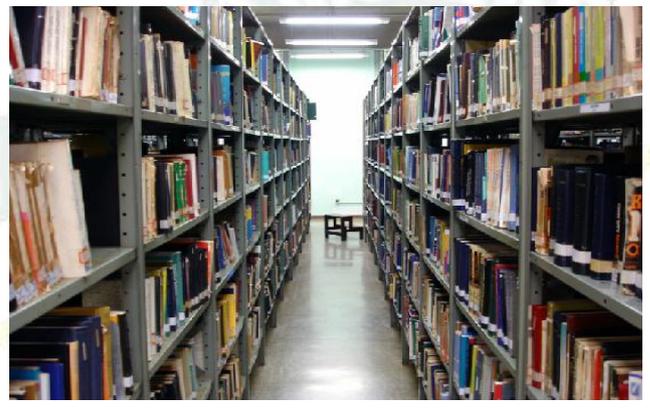
During holidays, the operation is Monday to Friday from 8h00 to 17h45

Location: Rua da Biblioteca, s/n

Email: [bcrp@usp.br](mailto:bcrp@usp.br).

Web page: <http://www.bcrp.prefeiturarp.usp.br/>

This web page also has a link to Dedalus , the USP bibliographic database



# Physical Education, Sports and Recreation Center (CEFER)

The Physical Education, Sports and Recreation Center (CEFER) is a multi-sport complex comprising a sports hall, multi-sport outdoor courts, tennis court, semi-Olympic swimming pool, official athletics track with synthetic cover, soccer fields, field track and ecological walk areas, and rooms for other physical activities such as judo, weightlifting, gymnastics and dance.



CEFER offers courses and sports and recreational activities supervised by physical education professionals aiming at health promotion and interaction between the university and the community. Registrations for these activities opens every six months and must be made online.

Location: Av. Prof. Zeferino

E-mail: [cefer.pc@usp.br](mailto:cefer.pc@usp.br)

Link: [www.ccrp.usp.br/pages/cefer](http://www.ccrp.usp.br/pages/cefer).



# How to arrive in Ribeirão Preto

When you arrive at the International Airport of São Paulo in Guarulhos (GRU), you have two options to come to Ribeirão Preto:

- by bus – around 5 hours, after you get to the Tietê bus station;
- by plane – around 1 hour, leaving from the same airport.

Ribeirão Preto is 330 km northwest of Sao Paulo city, the capital of the state. We highly suggest you come by plane, because this way you do not have to leave the Guarulhos airport.

## 1) COMING FROM GUARULHOS BY BUS

At the airport, you have to find the bus to take you to the Tietê Bus Station. The ticket booth for these is: Airport Bus Service. It is a very nice executive bus that is going to take you around 1 hour. You can check the information at:

<http://www.aeroporto guarulhos.net/transporte-onibus-aeroporto-guarulhos>

use the Portuguese version of this site as it is more complete



You can also take a taxi to the Tietê bus station, but it is going to be more expensive. If you prefer to do that, be sure to take an official taxi from the airport. It is going to take you around the same time as the bus. Just be sure that you get to the Tiete Bus Station – because there are others in the city.

At the bus station, look for the ticket booths of the companies “Cometa” or “Rápido Ribeirão”.



You can buy the tickets from the internet or only check the available schedule (it is very frequent – around every 40 minutes) at <http://www.viacaocometa.com.br/pt/>.

You can pay using credit card or cash. The bus is a direct one. It will stop once during the tour for 15-20 minutes at a service for you to have some food – be sure not to miss your bus from there. Upon arrival in Ribeirão Preto, make sure you get off at the main bus station (Rodoviária), which is also the terminal stop, not at the Mini-Rodoviária.

# How to arrive in Ribeirão Preto

## 2) COMING FROM GUARULHOS BY PLANE

From Guarulhos, there are several flight options to Ribeirão Preto. Prices vary a lot, but they can be as cheap as the bus ride. Only pay attention at the time. You need to plan on at least 2 hours between disembarking from the plane and getting through immigration and customs and your connecting flight.

Check for the following companies which have direct flights

- TAM: [www.tam.com.br](http://www.tam.com.br)
- PASSAREDO: [www.voepassaredo.com.br](http://www.voepassaredo.com.br)



If you decide to come by plane, make sure to buy the ticket from Guarulhos Airport (GRU) to Ribeirão Preto (RAO) because there is also the Congonhas Airport (CGH), which is in the center area of São Paulo, and Viracopos (VCP), located in Campinas city.



# How to arrive at the USP-RP Campus

**By bus:**

Public transportation in Ribeirao Preto means taking buses. Check routes and schedules at:

<http://www.ribeiraopreto.sp.gov.br/transerp>

A single fare ticket currently cost R\$ 2.90 and to get to campus just take one of these that pass at the Hospital das Clinicas terminal.

**N207 - Regular - HOSPITAL DAS CLINICAS**

**G0203 - Regular – RIBEIRANIA**

**I0104 - Regular - JD CANADA**

**B0315 - Regular - CAMPOS ELISEOS / BONFIM**

**I0147 - Regular - JD IRAJA / MONTE ALEGRE**

**K0205 - Regular - JD JOAO ROSSI**

**U0499 - Regular - CIRCULAR 4**

**J0305 - Regular - JD NOVA ALIANÇA**

**U0399 - Regular - CIRCULAR 3**

**N307- CIDADE UNIVERSITÁRIA**

**N370 – JARDIM RECREIO**



**By taxi:**

It is a more expensive option, but faster and more comfortable. You can check with someone about a reliable company, or ask for a taxi.

You can call free on:

**0800 723 3848 (CooperTaxi)**



Photos of the main entrance of the Campus



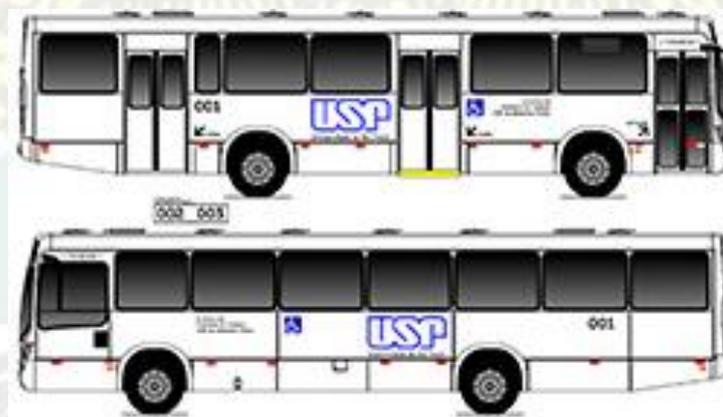
# Transport within the USP- RP Campus

The Campus Transport Division provides internal buses for students, staff and visitors of Ribeirão Preto Campus. The service is free and is offered Monday - Friday, from 6h30 to 23h, with breaks in the morning, afternoon and evening due to drivers' resting times and vehicle maintenance.

At lunch and dinner there are more vehicles working to facilitate the movement of people, especially to the new central restaurant.

Check schedules at:

[www.ccrp.usp.br/pages/transp/horario\\_circular.asp](http://www.ccrp.usp.br/pages/transp/horario_circular.asp).



# Documents

## Before travelling:

- **Visa**

When selected as an exchange student in any program of study, the first step is getting the student visa for your time in Brazil. You should contact the Brazilian Consulate responsible for the area in your country to find out which documents are required for the visa.



- **Health insurance**

Most institutions require foreign students to have an International Health Insurance. If students arrive in Brazil without health insurance previously made, they will be directed to obtain insurance at a local agency.

If there is an emergency you should call:

192 Ambulance (SAMU)

190 Police

194 Fire Brigade



If you consider driving in Brazil, check this link:

<http://www.detran.sp.gov.br/wps/portal/detran/cidadao/carteiramotorista/conteudo/e33b8777-7be0-4663-a669-c61e9bf8c137?n+WWW.DETRAN.troca>



## After arriving in Brazil:

You have 30 days from the date of entry into Brazilian territory to register at the Federal Police to legalize your stay here and for getting an identity card for foreigners. If you pass this deadline, a fine will be charged for each day of delay.

CAPEE will help you with this issue. CAPEE is Support Center for Foreign Professors and Student on the campus.

# CAPEE

Support Center for Foreign Professors and Students (CAPEE), is responsible for guiding and assisting foreigners linked to USP in Ribeirão Preto in the steps necessary to establish in Brazil. It is always open for you during your stay and also promotes events for cultural integration.

CAPEE has two main staff members, Fernanda Almeida dos Reis and Fernanda Helena Bartolomeu.



**Get in touch with CAPEE:**

**Phones: (16) 3602 4530 and (16) 3602 4926.**

**Hours: Monday to Friday from 8 till 17h**

**Location: Rua das Paineiras, House 4**

**Email: [capee.pc@usp.br](mailto:capee.pc@usp.br)**

**Facebook page:**

**<https://www.facebook.com/capee.usprp?fref=ts>**

**Web page:**

**<http://www.prefeiturarp.usp.br/pages/capee/>**

# Housing

USP offers temporary vacancies (15 days) in the Foreign Guests House within the Campus. If you plan on staying for this time after arriving in Ribeirão Preto, make sure you make a reservation well beforehand with the CAPEE staff.

For a long-term stay, we recommend that you search for housing near campus or in the city center for easy transport options. Sharing an apartment with other students can be a very enriching experience.

Renting an apartment on your own requires to have a fixed monthly income proof and/or guarantees or advance deposits that are returned when the contract finishes. The documentation needed is usually: identity card or passport, and proof of receipt of the scholarship.

Some links that may help you finding housing:

- Facebook page in which USP students seek for room mates:

<https://www.facebook.com/groups/moradias.mobilias/>

- Housing classifieds:

<http://www.pcarp.usp.br/pages/sas/morar.pdf>

Contains information provided by the Campus Administration, including CAPEE

Below are certain options close to Campus that have tradition in welcoming international students:

- **Beneditas da Fundação Vita Et Pax**

Location: Avenida Abade Constantino, 150 - Jardim Recreio, 14040-290

Telephone: (16) 3630-8025

Website: <https://www.facebook.com/HostelVitaEtPax>

- **Pensionato Paris**

Location: Rua Aquidauana, 545 – Jardim Antártica, 14051-210

Telephone:(16) 3630-6037

Website: <http://www.pensionatoparis.com.br/>

- **Pensionato Araucária**

Location: Rua Aquidauana, 643 – Jardim Antártica, 14051-210

Telephones: (16) 32897939 or 99299-9774

Website: <http://www.pensionatoaraucaria.net.br/>

- **Pensionato Guia Lopes**

Location: Rua Guia Lopes, 1819 - Jardim Antártica, 14051-210

Telephone: (16) 3289-5260 ou 99722-3200

# Health units of the FMRP academic complex



# University life

Besides academic activities, college life is also formed by experiences beyond the classroom, such as: social and cultural activities, politics, sports and parties.

Who usually organizes these activities are the Academic Centers and Athletic Associations, groups formed by students that make the day-by-day in FMRP much more interesting.

Each course has specific groups to attend its own demands:

## MEDICINE



Academic Center Rocha Lima (CARL)

Visit: <https://www.facebook.com/centroacademico.rochali>  
[ma?fref=ts](https://www.facebook.com/centroacademico.rochali)



Athletic Academic Association Rocha Lima (AAARL)

Visit: <https://www.facebook.com/medusprp?fref=ts>



## PHYSIOTHERAPY



Physiotherapy Student Center

Visite: <https://www.facebook.com/fisiousprp?fref=ts>



Athletic Academic Association V de Outubro

Visit: <https://www.facebook.com/atletica.fisiouspribeirao?fref=ts>



## SPEECH-LANGUAGE THERAPY



Phonoaudiology Student Center

Visit: <https://www.facebook.com/cefono>



## BIOMEDICAL INFORMATICS



Biomedical Informatics Student Center

Visit: <https://www.facebook.com/pages/CEIB-USP/390103881088592>



## NUTRITION and METABOLISM

**cenutri**



Centro Estudantil de  
Nutrição e Metabolismo - USP

Nutrition and Metabolism Student Center

Visit: <https://www.facebook.com/cenutri.usp?fref=ts>



**JONURP**

VIII JORNADA DE NUTRIÇÃO DE RIBEIRÃO PRETO



Athletic Academic Association XV de Novembro

Visit: <https://www.facebook.com/atletica.nutriusribeirao>



## OCCUPATIONAL THERAPY



Occupational Therapy Student Center

Visit: <https://www.facebook.com/cetorp.usprp>



# Tourist attractions



The Chopperia PINGUIM, which has the most famous draft beer draft in the country, is also one of the most famous postcard pictures of Ribeirão Preto. Its chilly Antarctica draft beer is a major tourist attraction. It is frequented by famous artists. Besides the creamy beer draft, the restaurant has a menu with many dishes that go well with a happy hour drink. A portion of dried meat (Carne seca) is traditional and is always in demand in the house.

Hours: Monday - Saturday from 9h00 to 1h  
Credit card: MasterCard and Visa.  
Debit card: Maestro, Visa Electron e Visa Vale.  
Location: Rua General Osório, 389, Centro  
Telephone: (16) 3610-8528  
Website: <http://www.pinguimochopp.com.br>



The PEDRO II THEATER is considered one of the most beautiful theaters in Latin America, it has capacity for 1588 spectators and a total area of 6500 m<sup>2</sup>. It is the 2nd largest opera house in the country considering audience capacity. It is the ideal setting for symphony concerts, concerts of classical and popular music, plays, performances by dance companies, and performances of all kinds, including its original purpose, great performances of opera, and it is the principal stage for the Symphony Orchestra of Ribeirão Preto, one of the oldest companies in the country.

The theater is also open for visits  
Monday – Friday, from 9h to 11h and from 15h to 17h  
Book a visit ahead of time: 3977-8111  
Location: Rua Álvares Cabral, 370, Centro  
Telephone: (16) 3977-8111  
Check the coming theatre presentations:  
<http://www.ribeiraopreto.sp.gov.br/fundacao/teatro/i36principal.php>

The site for the Symphony Orchestra is:  
<http://www.sinfonicaderibeirao.com.br/>



# Tourist attractions



Built in the early 50s, the COFFEE MUSEUM is known to hold the largest collection of pieces of the History of Coffee Plantation in São Paulo. The collection consists of large sculptures, bullock carts, trolleys, coffee benefiting machines, and also photos from the golden age of coffee in the region of Ribeirão Preto.

Location: Av. do Café, w/o nº, Campus da USP-RP

Telephone: (16) 3633-1986

Hours: Tuesday - Friday, from 9h to 16h30; Saturdays, from 12h30 to 16h30 and Sundays, from 9h to 16h30

The Coffee Museum is at the same site as the cities Historical Museum, which is the original Coffee Fazenda building on the campus.

Don't miss the open air Chorinho presentations with people dancing on Sunday mornings (10-12 h)

Since its foundation, the MUSEUM of ART of RIBEIRÃO PRETO is installed in the old building of the Recreational Society, inaugurated in 1908, which has also served as headquarters to the Municipality of Ribeirão Preto.

Location: Rua Barão do Amazonas, 323,

Telephone: 3635-2421

Check its website: <http://www.marp.ribeiraopreto.sp.gov.br/scultura/marp/i14principal.php?pagina=/scultura/marp/i14programacao.htm>

Hours: Tuesday-Friday, from 9h to 18h; Saturdays/Sundays and holidays, from 12h to 18h.



The MUNICIPAL THEATER opened in 1969 with modern architecture lines. It has capacity for 515 people. Parking is located next to the theater and has a capacity of about 40 cars. Being in a park-like setting it is also used for cultural events.

Check its website: <http://www.ribeiraopreto.sp.gov.br/scultura/t-unicipal/i14principal.php?pagina=/scultura/t-municipal/i14tm-agenda.htm>

Location: Praça Alto do São Bento w/o nº

Telephone: (16) 3625-6841



Visit the ARENA THEATRE at Praça Alto do São Bento, next to the Municipal Theater

Telephone: (16) 3625-6841



# Shopping Centers

Besides a wealth of stores in the downtown area, Ribeirão Preto has four large shopping malls.



## RIBEIRÃO SHOPPING

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

Location: Avenida Coronel Fernando Ferreira Leite, 1540 - Jardim Califórnia

## SHOPPING SANTA ÚRSULA

<http://www.shoppingsantaursula.com.br/site/>

Location: Rua São José, 933 - Higienópolis



## NOVO SHOPPING

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

Location: Avenida Presidente Kennedy, 1500 - Ribeirânea



## SHOPPING IGUATEMI

<http://www.iguatemi.com.br/ribeiraopreto>

Location: Avenida Luiz Eduardo de Toledo Prado, 900 - Vila do Golfe



# Climate and Nature

The climate in Ribeirão Preto is tropical and dry, with a predominance of heat all year. In the warmer months the thermometer can reach more than 40 °C.

The days are mostly sunny, but when there is rain, it is good to go protected with your umbrella.

See below some parks and nature spots in the city:



**MAYOR LUIZ ROBERTO JABALI PARK ("CURUPIRA" PARK)** has 152 thousand m<sup>2</sup> consisting of waterfalls, ponds, paved trails that you can walk or ride your bicycle, and an open area with capacity for 20 thousand people. The vegetation consists of tropical forest that shelters a variety of birds and small mammals.

Hours: Daily open from 6h to 20h

Location: Av. Costábile Romano, 337

Telephone : (16) 3931 4448

**THE ECOLOGICAL PARK "MAURILIO BIAGI"** has a total area of 70 000 m<sup>2</sup>. Opened in 2010, located near the bus terminal in Ribeirão Preto. Have sports fields, skate ramp, outdoor gym, reading point, cafeteria, restrooms, ski tours and bike path, and gym equipment.

Hours: Monday to Sunday from 6h to 20h

Beside City Hall, near the bus station, Centre



**MORRO DE SAO BENTO MUNICIPAL PARK**, with an area of 250,880.00 m<sup>2</sup>, is an important natural heritage of the city of Ribeirão Preto.

It is close to the Municipal Theater and connects the GROVE PARK, the FABIO BARRETO ZOO and the JAPANESE GARDEN, check out the information at:

<http://www.ribeiraopreto.sp.gov.br/turismo/zoologico/i71principal.php>

Hours: Wednesday - Sunday, from 9h to 17h

Location: Rua Liberdade, s/nº

Telephone: (16) 3636-2545

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