

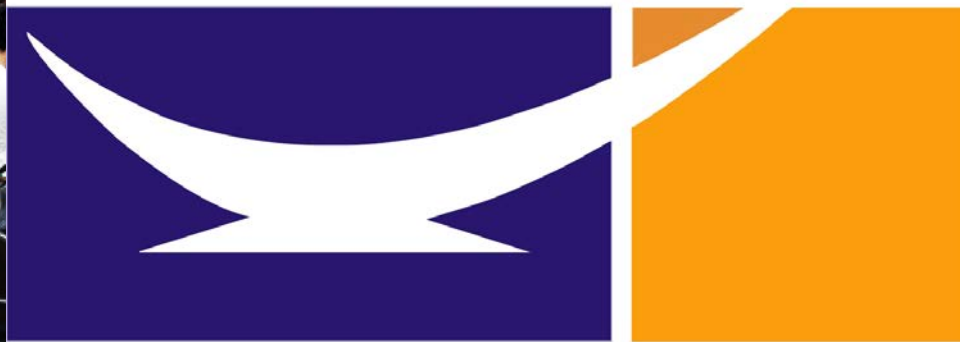


INTERNATIONAL STUDENT HANDBOOK

USP

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USP



ENFERMAGEM



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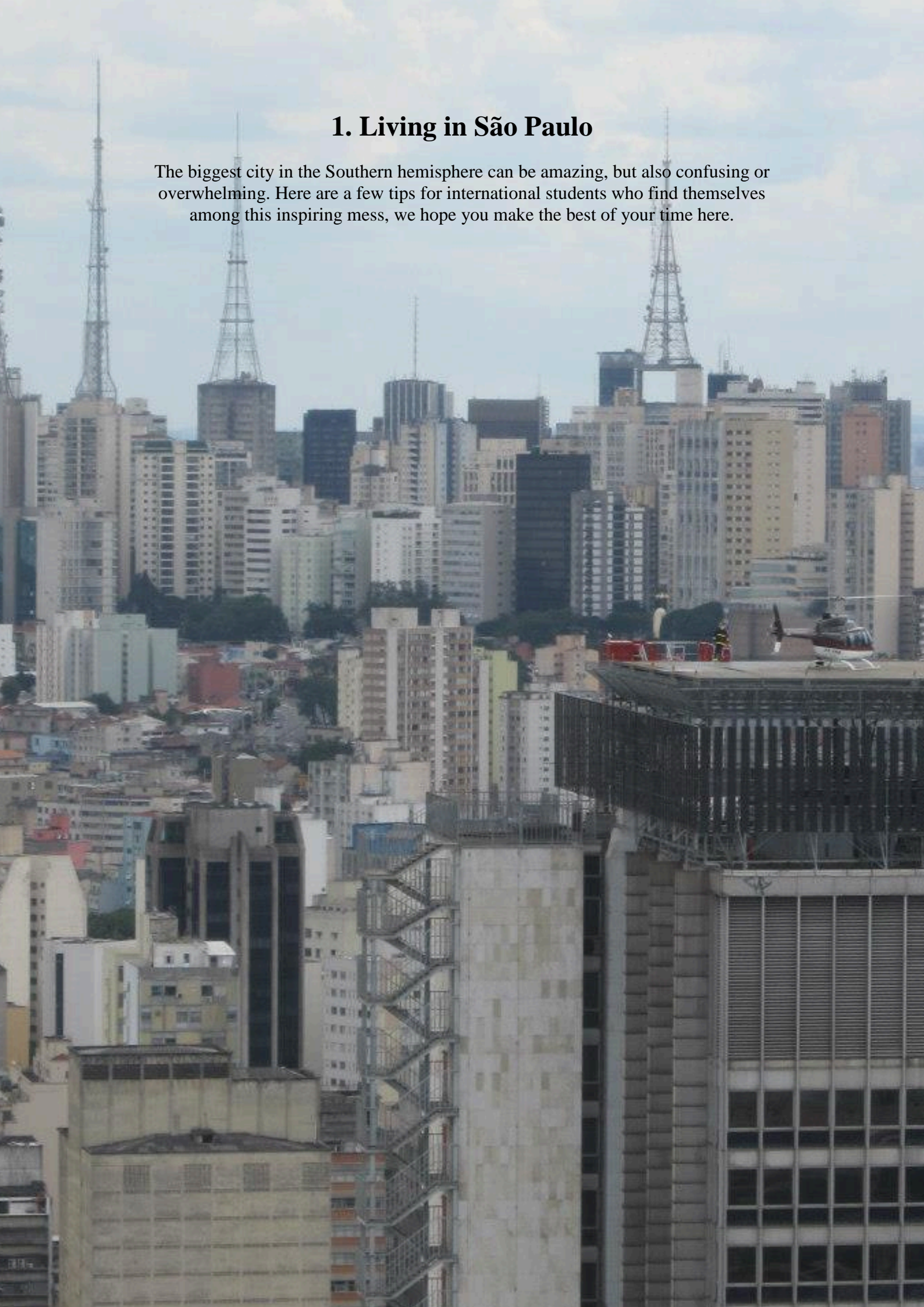
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1. Living in São Paulo

The biggest city in the Southern hemisphere can be amazing, but also confusing or overwhelming. Here are a few tips for international students who find themselves among this inspiring mess, we hope you make the best of your time here.



ACCOMMODATION

USP doesn't have its own accommodation to offer international students, but we do run a homestay program to help our students find hosts should they wish. Come to the International Office at the School of Nursing and get an application form, we will send it to USP's main system and try to find someone who could take you in. You can also e-mail us to request your form (ccintee@usp.br).

If you are looking for private accommodation, you might want to prioritize neighborhoods close to USP's campi. The best neighborhood for students is **Pinheiros**, where most of them live. **Vila Madalena**, which is next to it, is also quite good. Both are very thriving and full of life, where you can find plenty of places to eat, shops and bars, as well as good enough buildings where students easily find apartments to share. Many also live in **Butantã**, which is where USP's main campus is located. It is not as thriving, however, and farther away from the Clínicas campus, where the School of Nursing is located.



Should you find accommodation that suits you somewhere else, always check out the place before you sign anything. There are neighborhoods in São Paulo which are best to steer clear of. Plus, always make sure it's well served by public transport, a subway station or a direct bus line to where you need to go more often. You don't want to have to go through great distances everyday in São Paulo's rather chaotic traffic and often full trains.

Students usually share apartments to be able to afford their rent. If you are looking for other students to live with but don't know anyone, the School of Nursing's International Office will be happy to use its contacts to help you find roommates. Also, take a look at notification boards inside USP's schools and bus stops in the main campus, where people looking for roommates put up flyers.

When you consider prices, remember that beside rent you'll have to pay for water, electricity and, if you live in an apartment, in Brazil there's a special fee called

Mapa do Transporte Metropolitano



Legenda

	1 Linha 1 - Azul	METRÔ
	2 Linha 2 - Verde	METRÔ
	3 Linha 3 - Vermelha	METRÔ
	4 Linha 4 - Amarela (de segunda a sexta-feira, das 4h40 às 15h)	VIAQUATRO
	5 Linha 5 - Lilás	METRÔ
	7 Linha 7 - Rubi	CPTM
	8 Linha 8 - Diamante	CPTM
	9 Linha 9 - Esmeralda	CPTM
	10 Linha 10 - Turquesa	CPTM
	11 Linha 11 - Coral	CPTM
	11 Linha 11 - Coral - Expresso Leste	CPTM
	12 Linha 12 - Safira	CPTM
	Linha de Ônibus Especial	CPTM
	Expresso Turístico (consulte os dias e horários de funcionamento)	CPTM
	Ponte ORCA - gratuita	EMTU
	Ponte ORCA - tarifada	EMTU

	Corredor Metropolitano de Ônibus ABD	EMTU
	Terminal Metropolitano de Ônibus	
	Estação	
	Estação de Integração - gratuita	
	Estação de Integração - tarifada	
	Estações com elevador	
	Paraciclos	
	Bicicletário	
	Bicicletário com empréstimo de bicicleta	
	FÁCIL Estacionamento Integrado Metrô, CPTM e Ônibus	

Informações

CPTM	0800 055 0121
EMTU	0800 724 0555
METRÔ	0800 770 7722
VIAQUATRO	0800 770 7100

sent by USP (if they don't you need to go to COSEAS and request the staff to send your information to SPTrans). Then you can request your card through the website. Once you As an USP student, you are entitled to this special card. First you need to check on SPTrans' website (<http://www.sptrans.com.br/>) whether they have your registration, pay a R\$15 fee (there is a kind of card with special features you won't be needing which costs more, be careful not choose that one on the website) it will take around three weeks for SPTrans to print your card and send it COSEAS (in USP's main campus in Butantã, Rua do Anfiteatro, 295: find the sign that says "PASSE ESCOLAR"), where you can fetch it. (Unfortunately, SPTrans' website is only available in Portuguese, so if you can't read it well enough ask for someone's help.)

SAFETY & SECURITY

São Paulo's biggest flaw is surely the violence. Brazil is still a very socially unequal country, and in its biggest city you can see the richest among the rich, but you can also come face to face with a very sad reality. There are slums in the city's periphery where people live very precarious lives. These are no-go areas, for they can be very dangerous.

Watch out for your bags, purses, wallets and especially backpacks in crowded places, pick-pockets are the worst that can happen in these cases. Real danger lies in walking alone at night in empty areas. Avoid that as much as possible, and always look around, pay attention to people near you. Don't flaunt expensive belongings in empty streets or buses. The city center is a must-see during the day, for it tells São Paulo's history, but certain areas are dangerous after it gets dark. USP's Law School is located at the very center of the city, next to Sé station. Should you decide to visit it or attend some party there after around 9pm, make sure you take the busiest streets and walk in a group. The same goes for USP's main campus, which is a beautiful green area during the day but could be a good hiding place for thieves in the dark.

Sadly, should anything happen, we must advise students to keep calm and simply give the thief what they want so that they go away as fast as possible and do you no harm. If your cards are taken, block all of them as soon as possible. After you calm down go to a police station to register the theft (what we call "*boletim de ocorrência*" or simply *B.O.*).

190 Police

192 Ambulance/Firemen

TRAVELLING

Brazil is huge and travelling to other places may not always be easy, and probably will be expensive. If you want to go somewhere close, buses are the best option. From the Tietê and Barra Funda Bus Stations there are buses leaving everyday to the countryside. From Jabaquara Station buses go to the coast. If someone offers you a ride, make sure they're good drivers and their car is properly prepared for the trip, for you have to go down the mountain range (on top of which the city is located) to reach the beaches, and some of the highways are narrow and winding, and can be dangerous for irresponsible

or inexperienced drivers. There are virtually no railways in Brazil nowadays, so you don't have the option of taking the train.

São Paulo (the state, not the city, which have the same name, by the way) has a beautiful coast. The beaches in its Northern portion are particularly pretty, such as São Sebastião and Ubatuba. Santos is the town by the coast closest to the city, where there has been for a long time a very important harbor. It was through there that most immigrants arrived in the beginning of the 20th century, so the town is also filled with history.

If you want to go farther, flying is always better, although more expensive. To the closest locations, such as Rio de Janeiro and Minas Gerais states, planes fly from Congonhas airport, located in the middle of the city. For other regions of Brazil and international flights you'll have to go to Cumbica airport, farther away from the city, officially within the municipality of Guarulhos, in the São Paulo's metropolitan region. The best way to reach it by shuttle (<http://www.airportbusservice.com.br/br>), which costs around R\$35 per person and connects to the airport to locations in the city center and financial centers, as well as bus stations and Congonhas airport. There are no trains connecting Cumbica to the city, and you can always take a taxi, but that will cost you at least R\$150.

EATING AND GOING OUT

São Paulo is Latin America's gastronomic capital. Due to its huge mix of cultures, you can find practically any kind of food here, and for all kinds of prices. Make sure to check out some Brazilian specials, such as pastel (the best being found in street fairs that happen in many places once a week), coxinha, brigadeiro, açaí, guaraná. Italian and Japanese foods are big in São Paulo due to the massive immigration the city has received from these two countries. But the "*paulistano*" culture really revolves around pizza. Pizza is a serious deal here, and we are really picky and proud of our pizza. It is common enough to hear *paulistanos* who have been to Italy say our pizza is better than the original.

Although you can find all kinds of prices for food, eating out everyday will surely cost you a lot more than cooking at home. When you choose a place to live, check out which supermarkets are close to it, this will make your life a lot easier. Pão de Açúcar is the most common supermarket and has the greatest variety, but can be expensive. For essentials, we recommend Dia. Carrefour and Extra are other good options.

When going out at night, bear in mind our security tips for dark empty streets. Also, make sure you're not going to any specially dangerous region. Check prices before too, for some places can be really expensive. The subway is open between 4:40am and 00:00 (1:00am on Saturdays). Bus lines operate less frequently at night and on weekends too, some don't operate at all, so check before you count on them to get you home.

CULTURAL TIPS

São Paulo is by far the cultural capital of Brazil. If you're looking for diversity, you've come to the right place. Not speaking Portuguese may make things difficult, but even then you can find options. Most cinemas are inside shopping malls, so you can find the nearest to you in their website (<http://www.cinemark.com.br/>). In the Paulista Avenue region there are quite a few alternative cinemas which show less main stream movies from all over the world. Look for Itaú Cinemas, Cine Livraria Cultura or Reserva Cultural. In October there is a huge and prestigious International Film Festival with movies all over the city.

There are concerts happening all the time in São Paulo, in all areas of the city and for all kinds of music, so stay tuned if you're looking for anything in particular. The theater in São Paulo is also thriving. From cheap to expensive plays can be found in most areas. The city's also known as the Brazilian Broadway, and there are usually three or four large productions of musicals showing at the same time throughout the city. At Sala São Paulo there are classical concerts every now and then with full orchestras. At Teatro Municipal there are operas and dance productions.

There are great museums in São Paulo. MASP, at Paulista Avenue, holds mostly temporary exhibitions which always cause great impact, as well as Oca, a museum inside the Ibirapuera Park. In the city center there are the Pinacoteca Estadual, with art exhibitions, and the Portuguese Language Museum, a fantastic interactive journey through our language which is definitely worth a visit if you're studying it. In the Ipiranga neighborhood, where Brazil's independence was proclaimed, what used to be a royal palace is now a historical museum surrounded by a park and big monument showing the scene in which Dom Pedro I proclaimed our independence from Portugal. There are many other smaller museums, holding both temporary and permanent exhibitions, look for your favorite kind.

TOURIST INFORMATION

São Paulo is not usually considered a touristic city, which is a huge mistake. It is filled with history and a diversity you can rarely find elsewhere. Brazilians value beaches very much, and therefore tend to worship Rio de Janeiro, but don't be mistaken, São Paulo is the real deal, Brazil's true urban soul. A tip: never tell a *paulistano* you prefer Rio! It's a joke, but there is indeed a beef between *paulistanos* (people from SP) and *cariocas* (people from Rio), and we love to make fun of each other.

São Paulo was founded in 1554 by Jesuits who climbed the mountain range after arriving in São Vicente, a town by the coast next to Santos. For centuries it was no more than a poor village while the Northern economy was what really brought money to Brazil. By the 19th century, however, it began to grow as coffee plantations reached the state. The coffee money was redirected to the city's then insipient industrialization, and by the 20th century, when the war and the worldwide economic crisis affected Brazil's coffee sale, São Paulo was the stage of the country's industrialization. The city grew too much too fast, and for decades had trouble trying to adjust to its new size, some of its infrastructure problems remaining to this day.

The city is a true melting pot and its diversity is its greatest perk. You can find practically anything you want here, the options are never ending, although you do have

to go farther or pay more for them sometimes. When the slaves were freed, immigrants were brought to replace them in coffee plantations and later in the city. So São Paulo is a huge beautiful ethnical blend. Italians and Japanese are the biggest communities, but among Portuguese, African and indigenous roots and the immigrant heritage from a hundred years ago (not to mention current immigration), we say “São Paulo is the whole world”. Each of these people have brought their own cultural mark to our city, which is nothing if not a huge mosaic.

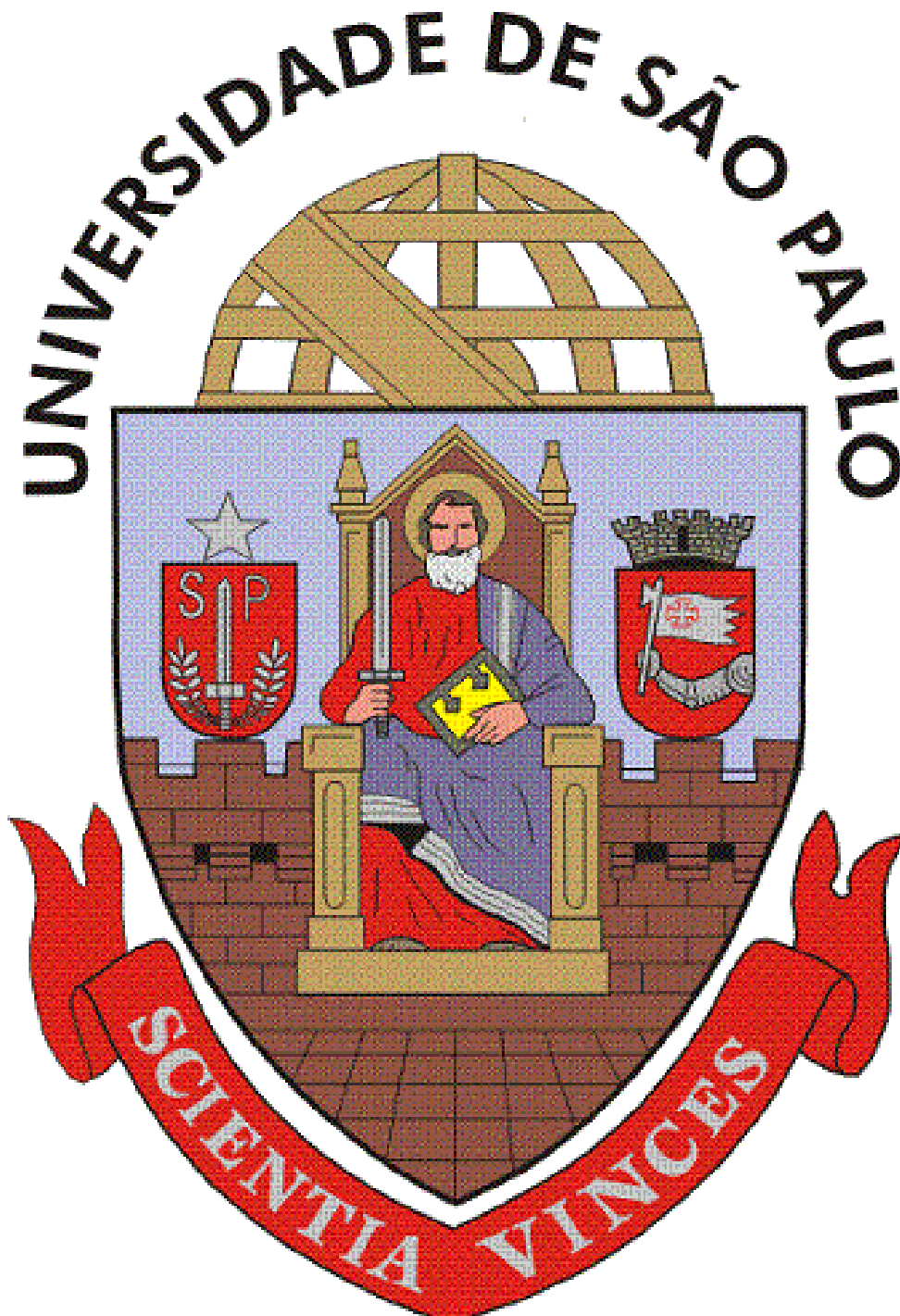
Paulistanos are usually in a hurry and therefore tend not be very patient. In other parts of the country people find us cold, but that’s just compared to them. Brazilians in general are warm people, who kiss others on the cheek to say hello and don’t have such a strict notion of personal space, so don’t be surprised if somebody touches your arm or shoulder while talking to you, for example. We are also known for being welcoming and kind to foreigners, so don’t be afraid to open up and talk to people.

We have tourist guides of São Paulo at the International Office of the School of Nursing which can help you explore everything there is to see in the city, come and pick one up. There is also a free walking tour in English of the old city center (on Wednesdays and Saturdays) and of the Paulista Avenue region (on Thursdays and Sundays) which is worth checking out (<http://www.spfreewalkingtour.com/>). By the end of the tour you only need to tip the guide what you think his service was worth.



2. Studying at USP

USP has been considered for decades the best university in Latin America, and the only one in the sub-continent to be considered one of the 100 best in the world by the most important international ranks. It's public, owned by the state of São Paulo, and completely free of charge for students. To enter, students need to take a very long exam in which everything they've ever learned in school is assessed. Therefore, being in here is what most students aspire to, and is very hard. No wonder we're very proud of our university.



CAMPI

USP's campi are spread throughout the city of São Paulo, and a few of them are in small towns in the countryside of the state. Its main campus, called "university city", however, is located in the Butantã neighborhood. It's huge and people usually need cars, bikes or the free buses provided to go from one school to the other within it. It is also a beautiful green area where people go to run, cycle and have picnics. All the main administrative institutions of the university are located there, so it's likely that you will need to visit it at some point.

The easiest way to reach from anywhere in the city is to go to the Butantã subway station (yellow line), located one kilometer away from the main gate, and take one of the free buses from there. They're called "Circular" (and look like normal buses, so you'll need to find the name) and are only free for USP students, so you'll need to have a "Bilhete USP" card in order not to pay for them. They depart from the bus terminal in Butantã station, and stop in many bus stops inside USP before coming back to the station. If you're in the School of Nursing, however, the quickest way to get to the main



campus is to catch any of the various buses called "Butantã USP" at the bus stop in Cardeal Arcoverde Street. Take a left at the corner of Cardeal Arcoverde and Dr. Arnaldo Avenue, it's the first bus stop you'll find.

The School of Nursing is located at the Clínicas campus, along with the School of Medicine and the School of Public Health, it's the health cluster. This campus is right next to the Clínicas subway station (green line) and the important Hospital das Clínicas, a public hospital belonging to the School of Medicine that serves the community.

In São Paulo, there are still the School of Law, the oldest college in Brazil (also referred to as Largo São Francisco) which was later incorporated into USP, located in the very center of the city, near Sé station, and a campus in the Eastern border of the municipality for more recent interdisciplinary courses, called EACH. 12 of USP's 36 schools are located in other towns in the state of São Paulo,



such as São Carlos, Pirassununga, Piracicaba, Lorena, etc. In Ribeirão Preto there is a separate School of Nursing, smaller than the one in São Paulo. Some events are organized by both schools, and there is quite a lot of exchange with it.

ÍNDICE DE VIAS

- A. Av. da Universidade
- B. Av. Prof. Lineu Prestes
- C. Av. Prof. Luciano Gualberto
- D. Av. Prof. Ernesto de M. Leme
- E. Av. Prof. Almeida Prado
- F. Av. Prof. Melo Moraes
- G. Rua do Anfiteatro
- H. Av. da Reitoria
- I. Av. Prof. Lúcio M. Rodrigues
- J. Rua do Lago
- K. Rua do Matão
- L. Av. Corifeu de Azevedo Marques
- M. Av. Escola Politécnica
- N. Av. Marginal Pinheiros
- O. Rua Alvarenga
- P. Rua Francisco dos Santos

Cidade Universitária - Capital

ÍNDICE DE UNIDADES E LOCALIZAÇÕES

01. Fundação Universidade para o Vestibular - FUNVEST
02. Centro de Visitantes
03. Escola de Educação Física e Esportes - EEF
04. Faculdade de Educação - FE
05. Escola de Aplicação da Faculdade de Educação
06. Centro de Práticas Esportivas - CEPEUSP
07. Reitoria e Coordenadoria de Administração Geral - CODAGE
08. Museu de Arte Contemporânea - MAC
09. Conflúvio Residencial da USP (CRUSP) e Coordenadoria de Assistência Social (COSEAS)
10. PROLAM, PROCAM e CINUSP
11. Instituto de Estudos Brasileiros - IEB
12. Praia do Relógio
13. Edifício da Antiga Reitoria - Coordenadoria de Comunicação Social (CCS), Edifício da USP (EDUSP), Agência USP de Inovação, Instituto de Estudos Avançados (IEA), Sistema Integrado de Bibliotecas (SIB), Escola de Comunicação e Artes (ECA)
14. Escola de Comunicação e Artes - ECA
15. Instituto de Psicologia - IP
16. CEPUSP - Rota Olímpica
17. Praça dos Bancos
18. Faculdade de Economia e Administração - FEA
19. Barracões - ECA e FMVZ
20. Escola Politécnica - POU
21. Instituto de Eletrônica e Energia - IEE
22. Instituto de Astronomia e Geofísica - IAG
23. Instituto de Matemática e Estatística - IME
24. Faculdade de Arquitetura e Urbanismo - FAU
25. Clube dos Funcionários
26. Instituto Oceanográfico - IO
27. Instituto de Física - IF
28. Prefeitura do Campus da Capital - PCCO
29. Museu de Arqueologia e Etnologia - MAE
30. Grêmio dos Funcionários da PCCO
31. Hospital Universitário - HU
32. Instituto de Ciências Biomédicas - ICB III
33. Faculdade de Odontologia - FO
34. Faculdade de Medicina - FM - Fonoaudiologia, Fisiologia e Terapia Ocupacional - FOFITO
35. Faculdade de Medicina Veterinária e Zootecnia - FMVZ
36. Instituto de Biológicas - ICB I, II e IV
37. Instituto de Biologia - IB
38. Clube dos Professores
39. Administração da FFCLH
40. Instituto de Geodésias - IG
41. Instituto de Química - IQ
42. Faculdade de Ciências Farmacéuticas - FCF
43. Faculdade de Filosofia, Letras e Ciências Humanas - FFLECH
44. Casa da Cultura Japonesa
45. Núcleo de Recreação Infantil - NURI
46. Anfiteatro Camargo Guarnieri
47. Centro de Computação Eletrônica - CCE
48. Arquivo Geral da USP



LEGENDA

- Áreas Verdes
- Caminhos
- Corpos D'água
- Cursos D'água
- Construções
- Campo de Futebol
- Quadras Esportivas
- Piscinas
- Áreas externas ao Campus
- Áreas internas ao Campus não-pertencentes à USP
- Praça dos Bancos
- Ruas, Avenidas e Pátios
- Instituições internas ou adjacentes ao Campus não-pertencentes à USP
-

Escala 1:20.200

Escala definida para o formato A4



JUPITERWEB

USP's online portal is called JúpiterWeb. Through this portal students enroll on courses every semester, give up on courses they don't wish to carry on with until the end, acquire electronically authenticated certificates of their student status, request documents, etc. As an USP student, you will also have access to this portal, and it will be important to you. Come and get your user ID and password in the student's bureau (*Seção de Graduação*) of the School of Nursing.



<https://uspdigital.usp.br/jupiterweb/>

USP CARD

Once you have access to Jupiterweb you need to request your USP card through it. This card will be your ID inside the university, and you can't enter many facilities without it, such as the student restaurants, CEPEUSP or even schools after-hours.

To request your card, go to "Cartão USP" in the left side menu of Jupiterweb and then choose "Nova Solicitação" (new request). There will be a box in which you should choose the reason for requesting it, choose "Novo Ingresso" (new entry into the university). After you finish and save your request your card will take a while to be made. Once it is ready you will be notified and can pick it up at the student's bureau of the School of Nursing.

FACILITIES

In most of USP's campi there are student restaurants which provide a full plate plus a drink for only R\$1,90 (for lunch and dinner). Only USP students have access to it, so you'll need your student card to enter. We call them "*bandejão*" (big tray), because in many of them food is served in trays instead of plates. Most of them already provide vegetarian options. For more sophisticated meals there are, of course, other restaurants, in which you'll pay around R\$20, in USP's campi or nearby.

CEPEUSP is a huge sports complex located in USP's main campus available for free to all students. It includes sports courts, pools and a gym. All you need is your student card to get inside.

CCInt is the name given to the International Office. Should you need something too specific we can't provide you with at the International Office of the School of Nursing, the USP's Central International Office will probably be able to help. CCInt Central is located at the main campus (Rua do Anfiteatro, 197).

COSEAS is an administrative unit responsible for many things, and you'll need to pay them a visit to get your special "Bilhete Único" for students, which allows you to pay half price for subway and bus tickets.

There isn't one big unified library in USP, most schools have their own. Nevertheless, your USP card gives you access to all of them. The School of Nursing has its own very complete library, Biblioteca Wanda de Aguiar Horta. But, if for any reason should you be looking for books on different topics, you can visit any of the other USP libraries. Once you register at your school's library (in person) your card will allow you to pick up books at any of the others. (To find the book you are looking for, use USP's unified library search engine, that will tell you in which library your book is available, as well as the book's code that will allow you to find it: <http://dedalus.usp.br/F?RN=762532814>)

Most schools have their own computer lab, called Sala Pró-Aluno. To use the one at the School of Nursing you need a user ID and password, which you should get along with the ones from JupiterWeb at the student's bureau.

In the main campus there is a free and public student hospital, which you will be welcomed into in case of an emergency. However, we stress the great need you will have of your own health insurance, since for any bigger problems the public health system in Brazil won't be efficient enough.

In USP's main campus there are also MAM (Modern Art Museum) and a cinema.

USPNET

USPNET is the university's wifi network that can be used by all members of the academic community in all campi. You need to register to get your user ID and password. Go here <http://www.vpn.usp.br/> and write your USP number to start the process, then follow the instructions to register.

STUDENT CLUBS AND EXTRACURRICULAR ACTIVITIES

In each of USP's schools students organize what we call academic centers ("*centro acadêmico: CA*") and athletic associations ("*atletica: AAA*"). The first one usually organizes discussions and events regarding the school, the students' curriculum and political issues. The second one takes care of the school's sports teams and competitions. Both organize parties. In many schools students form other clubs too, such as "junior enterprises" (in which they form a small nonprofit company to acquire experience in being part or even running one), study groups on specific themes, or anything related to their formation they may find useful. Naturally, you are welcome to look for any of these clubs, although not speaking Portuguese properly may make things a bit complicated, for they don't have much experience with exchange students yet.

USP is also full of extracurricular activities, specially inside the main campus. Whether it's free yoga at CEPEUSP or tango classes organized by students at FAU (the School of Architecture and Urbanism), you can find many different things going on in our huge university. They're usually only advertised at notification boards throughout the schools or facebook, though, so if you're looking for anything in particular it's probably a good idea to run a search on the internet. Otherwise, just stay tuned and something nice and unexpected may turn up.

PORTUGUESE CLASSES

Portuguese classes for foreigners are offered by FFLCH (the School of Humanities and Languages) to USP students, professors and employees only. The price, R\$108, includes 28 hours of classes (one class of two hours per week, 14 weeks) and all materials used in the course. The classes focus on oral communication and applied grammar. You must enroll either in February/beginning of March or in July/beginning of August, and to do so you must go to the FFLCH Language Center (Centro de Línguas) and take a test to identify which level you must be placed in. Options for the day and time of the course can also only be given there in person. You can always find other Portuguese classes in São Paulo should your schedule not fit their options, but they will all certainly cost much more.



<http://clinguas.fflch.usp.br/>

Av. Prof. Lineu Prestes, nº 159, room 5 (the Language Center is not located inside FFLCH itself, but in a building not far from it called *Casa de Cultura Japonesa*, in USP's main campus)



3. Personal Support



IMMIGRATION ADVICE

Citizens from South American countries (other than Suriname, Guyana and French Guyana) do not need a passport to enter Brazil if they're staying only up to 90 days (60 for Venezuela), they may enter the country with their ID cards. For citizens from most European countries, Brazil does not require a visa for business and tourism (stay of up to 90 days as well). The same goes for El Salvador, Honduras and Costa Rica. For Guatemala and Panama the visa waiver is for tourism only. For citizens from Mexico, the United States, Canada, and most African and Asian countries, Brazil requires a visa for entering the country under any conditions.

For prolonged stays, however, no matter where you're from, you'll need a temporary residence visa. For students and interns, this visa usually lasts up to one year (and may be renewed after that). Work visas are granted for qualified jobs under contract for up to two years (and may also be renewed). Temporary residence visas allow their holders to acquire visas for accompanying family members (although the latter are not authorized to apply for a work permit). Citizens from Mercosur member-states, Peru, Chile and Bolivia may acquire their visas in a Brazilian Consulate using their ID cards instead of passports (plus any other documents that may be demanded), and they automatically acquire the right to receive a permanent residence visa once their (up to) two-year temporary visa expires.

Look into any special conditions that may exist for your country and apply for a visa, if needed, in the Brazilian Embassy or Consulate closest to you (find it here: <http://www.itamaraty.gov.br/o-ministerio/o-brasil-no-externo>). Since most students need to stay more than 90 days, a legal stay requires a visa. Get yours in advance, for the process may take a few months, two or three in average.

Once you arrive in Brazil, you have 30 days to register with the Federal Police. Here's how you should do it step by step:

1. Fill in the form you'll find here <https://servicos.dpf.gov.br/sincroWeb/> and print it once you're done;
2. Schedule a visit to a unit of the Federal Police Department* (you will need the code on top of the form you have filled in to complete this stage) - should you have any trouble with the dates available online, we recommend you to go to the unit closest to you in person;



On the selected date and time, go to the unit and take all of the required documents with you (passport and/or ID card, your visa, two 3x4cm pictures of you, any other personal document you may have on you, proof of residence, the form you have filled in and a receipt proving that you have paid the due fee**).

*There are three units you could go to in São Paulo: the one inside Cumbica Airport, the one inside Congonhas Airport and one in Lapa (Rua Hugo D'Antola, 95). We recommend the second one for it will be the closest and easiest to reach by public transport once you're already in São Paulo.

**To pay the fee, print this form (called DARF):

<http://www.receita.fazenda.gov.br/publico/Legislacao/Ins/2007/in736/Anexo2.doc>

Fill it in and specify on option 4 which kind of fee you'll be paying (write "140120", the code for *TAXA CARTEIRA DE ESTRANGEIRO DE PRIMEIRA VIA*). Then take it to a bank agency and pay the R\$124 fee. The receipt they will give you at the bank after you have is the one you will need to take to the unit of the Federal Police for you registration.

Once you are registered you will receive an identity card for foreigners, which will be your most important document here. But note that this may take a while to be made, so meanwhile you should have some other way to identify yourself. Carrying your passport around all the time may not be the best idea, since it's your whole identity in Brazil and getting a new one will probably be quite stressful. Instead, you could carry a copy of your passport and your national ID. Having your USP card on you should be useful too, even if you're not at an USP campus. Note that students pay half for tickets in cinemas, theaters and concerts in Brazil, so don't forget your student card!

USP iFRIENDS

USP's central international office has a program called USP iFriends which promotes integration between exchange students and the "*uspiana*" academic community. If you would like, you can use it to find a person who will show you around and introduce you to a few people. Exchange students can have a hard time adjusting to a new environment and meeting new people, and the friends you can make through this program are volunteers who are happy to help you feel welcome and comfortable in your new home. Their task is to pick you up at the airport, help you find good affordable accommodation, take you to the Federal Police to legalize your stay and just generally help you get around in São Paulo and USP and more familiarized with Brazilian culture and aspects of daily life here. So if you're interested, don't hesitate to look for your iFriend!

<http://ifriends.ccint.usp.br/>

HEALTH CARE

Brazil has a public health care system, but as you will probably find out studying in this area, it is far from ideal. Some hospitals are very good, but they're exceptions and access to them is limited. In most cases people will face endless lines, shortage of doctors and even materials. Therefore, it is best not to rely on the public system. Because of this our university policy is to demand that incoming students get a private insurance plan that covers any problems, diseases or accidents you may have during your stay in Brazil. Unfortunately, we feel we cannot accept students without it, for it is ultimately our responsibility to make sure our foreign students do not take any health risks that may cost them dearly and ruin their chance to enjoy their experience here.

TELEPHONE AND INTERNET

As anyone who's ever been abroad must know, we recommend Skype for calling home. Any other means will certainly cost you more than you need to pay. If you feel the need to call a normal telephone number in your country, using Skype credit will still be cheaper than any options you may find here.

If you have a cell phone you can simply buy a pay-as-you-go (called *pré-pago*, pre-paid, here) sim card from a Brazilian carrier. You can buy one in supermarkets, news stands, etc. Should you wish to have an account (*pós-pago*, post-paid), you need to go to one of the carrier's stores to sign a contract. This will be the case if you wish to have 3G internet access on your phone. Watch out for what you'll be signing, many carriers have a fidelity program in which you have to stick to their account for at least one full year, and if you give it up during that time you'll have to pay a fine. If you don't speak good Portuguese it's probably a good idea to take someone with you to help you, for chances are they won't speak English at the store.

There are four cell phone carriers in Brazil: Oi, Tim, Claro and Vivo. The latter is the most expensive, but its reception is usually the best. Check their prices and see which one fits your interests. If you don't have a phone and wish to purchase one, getting a post-paid account along with it makes the phone cheaper, but watch out for fidelity contracts.

To have internet access at home you will need an account with an internet provider and a router. If you decide to live in an apartment, know that some buildings provide internet access. When you consider the price you'll pay for rent plus bills, consider whether internet access is included. If you need a private internet account, discuss the best price for you with any possible roommates, since you'll be sharing costs and benefits.