



**BRAZIL: Sao Paulo & Rio de Janeiro**

**April 25 – May 3\*, 2020**

*\*arrival back in U.S. on May 4*

**\$4,999** (based on double occupancy)

**\$699** (single supplement)

**BOOK NOW 888.747.7501**

*Following more than three centuries under Portuguese rule, Brazil gained its independence in 1822, maintaining a monarchical system of government until the abolition of slavery in 1888 and the subsequent proclamation of a republic by the military in 1889. Most people live along, or relatively near, the Atlantic coast in the east; the population core is in the southeast, anchored by the cities of Sao Paolo, Brasilia, and Rio de Janeiro.*

### Program Highlights

- 7-night (9 day) journey through **Brazil**
- **Accompanying guest program** – alternate activities will be provided for those who do not wish to attend the meetings.
- Your explorations of Rio de Janeiro will include the opportunity to see the famous **Christ the Redeemer** statue up close and personal.

### Focus on Community & Culture

- Talk to the people you meet along the way. You'll be delighted at how open to conversation the locals are, and you may surprise yourself with the new impressions formed.
- Giving back and engaging with the local community is an important part of your journey. Visit **Gol de Letra Foundation**, a civil non-profit organization fostered by the dream of former football players Rai and Leonardo, who wanted to contribute to the education of children and young people living in low income communities.

### Focus on healthcare

- **Meaningful interaction and collaboration** with mental health counterparts will focus on understanding the barriers to early treatment of serious mental illness, strategies to the prevention of relapse of serious mental illness, and the importance of culture in the effective treatment of mental illness.
- Participants in this journey will **enhance their understanding and appreciation of the culture and history** of the Brazilian people while learning about the rich diversity of individuals treated.
- Discuss topics of mutual interest with your professional counterparts in a variety of settings including a **local university**, such as the *Institute of Psychiatry* at the **Federal University of Rio**, and a local hospital like the **Institute of Psychiatry Hospital** in Sao Paulo.

### Journey Leader: **Joel M. Silberberg, MD**

Dr. Silberberg is currently Behavioral Health Medical Director, Centene Corporation. He also maintains a private practice of psychiatry and forensic psychiatry. Dr. Silberberg graduated from the University of the Witwatersrand, South Africa and is Board Certified in general and forensic psychiatry. He is a former Professor of Psychiatry at Loyola University, Maywood, Illinois and University of Florida, Gainesville. He has experience in many aspects of civil and criminal forensic psychiatry including assessment of emotional harm, suicide and violence risk assessment and reduction, and in public psychiatry as the Medical Director of Madden Mental Health Center, a state hospital in Hines, Illinois, and as Director of Mental Health Services for Cermak Health Services of Cook County (Cook County Jail).



### Why Nanda Journeys?

*Travel for people with purpose and passion. See for yourself what a difference travel makes.*

### Ready to go?

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