



CAREER ENRICHMENT



Mental Health Journey to Brazil

9 days / 7 nights

March 28 – April 5, 2020

**arrival back in U.S. on April 6*

\$4,999 (Based on double occupancy)

\$699 (single supplement)

Enjoy the unique culture and traditions of Brazil while you spend time exploring the cosmopolitan city of Sao Paulo and the gorgeous seaside town of Rio de Janeiro. An opportunity to visit some community centers will be included in this customized journey.

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.
- ✓ An optional **Iguaçu Falls** post-program extension will be available.

Focus on Community & Culture

- ✓ 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 Professional Interaction

- ✓ **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.

What's Included:

- 4* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airports
- International air to and from Brazil (gateway tentatively out of Miami)
- Local English-speaking guide
- Meals as mentioned and most tips

Not Included:

- Personal expenses at the hotels including room service and spa services
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city



📍 **Miami, FL (MIA)**

DAY 1 – Saturday, March 28, 2020
Depart for Brazil

Depart today and make your way to **Brazil**.

São Paulo is the largest city not only in Brazil, but the largest in the Americas. With more than 12 million inhabitants in the city proper, the greater area with its 39 municipalities has more than 27 million. The city is the commercial, financial and industrial locomotive of Brazil. It generates almost 30% of the total GNP of the country which is roughly US\$550 billion.

📍 **São Paulo, Brazil**

DAY 2 – Sunday, March 29
Arrival in São Paulo

Upon arrival at São Paulo's international airport, you will meet your local guide to transfer to the hotel.

Early check-in has been confirmed for your convenience.

After check-in you will have some free time and lunch will be on your own this afternoon.

The **Estanplaza Paulista Hotel** is a short block from Paulista Avenue, the biggest financial hub in Latin America, and within comfortable distance from São Paulo's charming Jardins with entertainment, bars, restaurants, cinemas, street shopping, designer stores, parks and local museums. Guest rooms have a mini bar, broadband internet, workstation, safety deposit box and other amenities to make your stay comfortable. The hotel has onsite dining, a business center and lobby bar.

Take part in an **orientation and welcome briefing** on Brazil early this afternoon. This comprehensive briefing covers an introduction to your local staff, some historical background, and current information on Brazil's society and economy.

Enjoy a **welcome dinner** at the Figueira Rubaiyat Restaurant, a landmark in the city.

Overnight: Estanplaza Paulista (or similar)
Included meals: Dinner

📍 **São Paulo, Brazil**

DAY 3 – Monday, March 30
Professional Program

After breakfast, depart for your professional exchange. Meetings will be requested for this morning and afternoon with local schools, medical facilities and/or a local university such as the **Institute of Psychiatry, Hospital "das Clinicas de São Paulo"**. Their department of psychiatry has a mission of offering the highest quality of teaching and training as well as treatment and prevention for the patients. The primary objective for this journey is to enrich your understanding of the health care systems in Brazil and today's exchanges will provide an introduction to their healthcare system as well as insight into understanding any barriers to early treatment of mental illness.

Lunch will be provided at a local restaurant.

Guest program:

Accompanying guests will enjoy a foodie tour this morning. This tour joins the city's main attractions with its most traditional meals, such as a Pão de Queijo (cheesy bread) at the Pátio do Colégio (place where the city was founded), followed by coconut water at the Beco do Batman (Batman's Alley – a stunning graffiti mural, located at the bohemian Vila Madalena neighborhood), besides the traditional Caipirinha (Brazil's most typical cocktail) which can be found at the rooftop of the highest building of the city, or the classic Mortadela (Bologni) Sandwich, daily served at the Mercado Municipal, and a healthy Açaí Cup at the Ibirapuera Park. Make your way this afternoon to visit the Museu de Arte de São Paulo (MASP). Its collection was started by a newspaper mogul in the 50's, who took advantage of Europe's economic situation and went shopping for art - Degas, Picasso, Cézanne, Rembrandt, he obtained a bit of everything. Time permitting also visit to the Maria Luisa and Oscar Americano Foundation, their place of residence for many years and now a lovely museum.

Dinner is by individual arrangement (own expense).

Overnight: Estanplaza Paulista (or similar)
Included meals: Breakfast & Lunch



📍 **São Paulo, Brazil**

DAY 4 – Tuesday, March 31
City Tour & Humanitarian Visit

After breakfast head out to explore the city. Pass by **Higienópolis**, with its 50's and 60's architecture and a focus of the city to return it to its heyday as a place for its large apartments but great location to the business center. Also visit the tranquil lake of **Ibirapuera Park**, as well as the imposing granite monument created by famous architect Victor Brecheret. If time permits, drop by the renowned Estádio do Pacaembu soccer stadium, and take in the breathtaking view from the top of Morumbi before making a stop outside the historic state government palace.

Lunch will be provided at a local restaurant today.

This afternoon the group will visit **Fundação Gol de Letra**, a civil non-profit organization established on December 10th, 1998, on Human Rights International Day. 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 bracket communities in order to give them more opportunities and better perspectives for their lives. Based in Vila Albertina, this Foundation gives assistance to children, teenagers and young people, contributing via educational practices and social assistance activities to the development of communities and families.

Dinner will be provided this evening at *Barbacoa Restaurant*. Enjoy the barbecue tradition of Brazil with some of the local's favorite dishes.

Overnight: Estanzola Paulista (or similar)
Included meals: Breakfast, Lunch & Dinner



📍 **São Paulo, Brazil**

DAY 5 – Wednesday, April 1
Fly to Rio

This morning the group will have a leisurely morning to settle your incidentals, enjoy breakfast and check-out of the hotel.

Head to the airport late this morning for your flight this afternoon to **Rio de Janeiro**. Upon arrival you will be met and transferred to your local hotel for check-in.

Arena Copacabana Hotel is steps away from Copacabana Beach and guest rooms have central air conditioning, acoustic windows, complimentary Wi-Fi, a minibar, a work desk with an ergonomic chair and plush bedding.

Enjoy a sunset visit and cocktail at **Sugar Loaf Mountain** this evening before heading to dinner at a local restaurant.

Overnight: Arena Copacabana (or similar)
Included meals: Breakfast & Dinner





📍 **Rio de Janeiro, Brazil**

DAY 6 – Thursday, April 2 **Professional Program**

Continue your professional exchange this morning with a visit to a local hospital or university such as **Sao Francisco Hospital** or **Federal University of Rio de Janeiro**. Discussions will focus on suicide risk assessment and reduction, violence risk assessment and reduction, effective treatment of co-occurring mental illness and substance abuse as well as reducing entry of seriously mentally ill patients into the correctional setting.

Lunch will be provided at a local restaurant.

This afternoon a meeting will be requested with faculty and students at a **local high school**. Discuss topics such as suicide, violence, rape, substance abuse and sexual harassment and other challenges today's teens face in Brazil.

Guest program:

Guests will enjoy a walking tour along the narrow streets and old historical buildings of downtown Rio. The walk includes a visit to many interesting points, such as the São Bento Monastery, Candelária Church, Praça XV, the "Travessa do Mercado", Imperial Palace ('Paço Imperial'), the cultural center located in the beautifully-restored Banco do Brasil, the Casa França-Brasil, Ouvidor Street and Gonçalves Dias Street with the traditional Colombo Coffee Shop. A living portrait of the Belle Époque in Rio, and one of the city's gourmet landmarks, the Confeitaria Colombo still retains much of its Art Nouveau charm dating back to the beginning of the century. After lunch explore the delightful neighborhood of Santa Teresa. The neighborhood is located on Morro do Desterro (Exile Hill), which during the XVIII century served as a convent. Artists and bohemians flock to Santa Teresa because of its architectural and cultural charm. Old-fashion cable cars maneuver the narrow streets and are considered one of the city's historical heritages.

Dinner will be at one of the nearby beach kiosks including a local beer!

Overnight: Arena Copacabana (or similar)
Included meals: Breakfast, Lunch & Dinner



📍 **Rio de Janeiro, Brazil**

DAY 7 – Friday, April 3 **Cultural Exploration**

Spend the day with fellow travelers learning about Carnival behind the scenes. Attend a **workshop at Cidade do Samba**, or at their warehouse in Caxias. Cidade do Samba, run by city authorities, has 12 workshops assigned to Samba Schools according to the classification that a school has achieved at the preceding Carnival. Visit today is to Acadêmicos do Grande Rio workshop, one of Rio's leading samba schools. First a panel presentation of Carnival, the history of samba and how the parade became a trademark of Rio. To experience the thrill of being a samba school parade member, dress up in one of the costumes for a photo shoot. Next enjoy a **dance class!**

Lunch will be provided this afternoon.

This afternoon visit **Viva Rio**. Viva Rio was born out of indignation with violence. More than 20 years after its founding, the movement has grown, their activities have diversified, and they have become a social enterprise. Today they are responsible for the treatment of over two million people per year and work in 75 primary healthcare centers (Family Health) managed in partnership with the municipal government of Rio de Janeiro. Health and social assistance are universal rights. Viva Rio believes in a wider concept of healthcare and sees the management of public facilities as a way to ensure citizenship for all.

Dinner is on your own this evening.

Overnight: Arena Copacabana (or similar)
Included meals: Breakfast & Lunch



📍 **Rio de Janeiro, Brazil**

DAY 8 – Saturday, April 4
Cultural Exploration & Free Time

Spend the morning with your fellow travelers exploring **Corcovado Mountain** and the **Tijuca Forest**. Marvel at the statue of **Christ the Redeemer**, one of the new Seven Wonders of the World. Continue by jeep along a narrow forest road to Tijuca National Park, a reforestation project that was originally a coffee plantation and is now the largest urban forest in the world. Watch for exotic birds, gorgeous tropical flowers, imposing trees, and perhaps even a sloth nibbling on silver *embaúba* leaves. Take a jungle trek on level ground where you can hear the birds calling.

Lunch is provided this afternoon before returning to the hotel for some **free time**.

Say goodbye as you reflect and share memories over a **farewell dinner** at a local restaurant. Anchored on Leme Beach, the Marius Degustare Restaurant is decorated with original old ships and shipwreck findings that takes one on an adventure at sea!

Overnight: Arena Copacabana (or similar)
Included meals: Breakfast, Lunch & Dinner

📍 **Rio de Janeiro, Brazil**

DAY 9 – Sunday, April 5
Departure

Fly back to Miami today with arrival the following morning (Monday, April 6). The day is yours to explore independently and prepare for hotel check-out at noon. The hotel can store your bags until time to depart late this afternoon.

Depending on flight time late this afternoon or early this evening, lunch is on your own this afternoon with dinner service provided on your international flight home.

You might opt to take a bike ride to enjoy the beach of Copacabana and Ipanema. One of the best kept secrets of Rio is that cariocas consider the beach a natural extension of their home. You cross by celebs, the rich and famous, the favela teens all wearing the very same flip-flops, T-shirts, shorts or beach wraps in the latest trendsetting fashion. Enjoy the scenery, the sights and the brouhaha of a day by the beach!

Included meals: Breakfast

📍 **Rio de Janeiro, Brazil**

DAY 10 – Monday, April 6
Arrival

Arrive back in Miami early this morning to continue onward to your home.



📍 São Paulo, Brazil

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📍 Rio de Janeiro, Brazil

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