



# Rio de Janeiro NOC/NPC Visit Guide

April 2014





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Rio 2016 has created this guide to assist National Olympic Committees (NOCs) and National Paralympic Committees (NPCs) with their pre-Games visits to Rio de Janeiro and Brazil.

The guide is not intended to be a substitute for a visit to Rio, nor is it a definitive guide to the city. It aims to provide you with basic information to assist you during your visit(s) and highlight some interesting points about the city and Brazil in general.

If you have further questions, please contact [nocrelations@rio2016.com](mailto:nocrelations@rio2016.com) or [npcrelations@rio2016.com](mailto:npcrelations@rio2016.com)

Enjoy your stay!



# 1 | Brazil today

Though famous for sun, samba, football and caipirinhas, there is much more to Brazil than you may think. As the largest country in Latin America, it has breathtaking landscapes and a hugely diverse cultural life.

## THE FACTS

**Population:** 201 million

**Official language:** Portuguese

**Capital:** Brasília

**Money:** Real/reais (plural)

**Country calling code:** +55

**Time:** GMT minus 2-4 hours (depending on the region and daylight savings time)

**Area:** 8,456,510 km<sup>2</sup>

**Religion:** 74% Roman Catholic, 15% Protestant, 1.5% Spiritualist, 2.5% Other, 7% None

**Unemployment:** 5.8%

## Economy

With abundant natural resources and a rapidly-growing middle class, Brazil is the sixth-largest economy in the world. Despite this, economic disparity still exists. Much is now being done to narrow the gap between rich and poor and to pacify the favelas (slums) which surround most cities.

## Wildlife

Brazil is one of the most biodiverse countries in the world. The Brazilian Amazon rainforest incorporates 30% of the world's tropical rainforest and is home to 55,000 species of plants, 3,000 freshwater fish and over 520 mammals, more than any other country in the world. Pink dolphins can be seen along many of the rivers of the Amazon basin. The Amazon is also home to numerous species of monkey and a colourful array of bird species, including parrots and toucans.

In Pantanal, a wetland area located close to the border with Bolivia around half the size of France, you can find animals such as the jaguar, puma, giant anteater, caimans and brown capuchin monkeys.

## Traditional music

Brazil is well-known for its traditional samba music. It is thought to have originated in Bahia in the northeast of Brazil and was strongly influenced by African music and dance. Instruments used in samba include the guitar, the tambourim and the squeaky-sounding 'cuíca'. It is strongly linked to the Brazilian carnival tradition. The golden age of samba is thought to have been around the 1930s, preceding the bossa nova movement.

The bossa nova movement occurred around the 1950s and features a slower version of the samba rhythms with optimistic lyrics. Founders of the bossa nova movement include Tom Jobim, João Gilberto and Vinicius de Moraes. In the 1960s, bossa nova became a big hit and classics were picked up by music legends such as Frank Sinatra and Ella Fitzgerald.

Música popular brasileira (MPB) is a music genre which began to develop around the 1960s. It began as a reaction against the then military regime, however throughout the years it began to encompass wider ideas and is still popular in a different form today. Classic MPB singers include Chico Buarque, Cazuza and more modern singers such as Marisa Monte, Vanessa da Mata and Seu Jorge.

### **The Brazilian way of doing things**

The Brazilian ‘jeitinho’ or way of doing things is something which is ingrained in everyday life. In Brazil, personal relationships are key, which enables Brazilians to take a creative approach to problem-solving, for example, getting a table in a restaurant when it is booked up or ordering something which is not on the menu. Most Brazilians are very happy to help and go the extra mile to help solve a problem, particularly if you take a warm, friendly approach. Given that personal relationships are important, use the contacts you may already have in Brazil to help you if possible. Being patient and persistent will also work to your advantage.

English is not widely-spoken in all places; see the end of the guide for useful phrases in Portuguese.

## **HISTORY OF BRAZIL**

### **Indigenous population and Portuguese discovery**

When Brazil was discovered by Pedro Álvares Cabral in 1500, there were thought to be around five million ‘índios’ or indigenous people living there, including the Guarani, Tupi and Tapuia tribes. As the Portuguese interest in Brazil grew, owing mainly to their discovery of sugarcane and the ‘pau-brasil’ (Brazil-wood) tree, which provided a valuable red dye, the indigenous population decreased due to battles with the colonists, slavery on the sugar plantations and diseases brought over from Europe. Since the 1960s, the Brazilian government has taken measures to protect the habitat and culture of the indigenous communities, however illegal logging and the clearing of land to build cattle farms remain a constant threat. Today, there are around 700,000 indigenous people living in Brazil, many still living their traditional lifestyles.

### **African influence**

From the 16th century onwards, African slaves were brought over to work on the sugar plantations. Until the abolition of slavery in 1888, around 3.5 million slaves were shipped to Brazil. With them, they brought many of their cultural traditions, religious beliefs, songs and dances. The discovery of gold in the state of Minas Gerais in the 1690s led to an increase in the number of Africans brought to Brazil.

### **The Portuguese royal family and independence**

The Portuguese royal family came to Brazil in 1807, fleeing the Napoleonic invasion. Around 15,000 court members moved to

Rio de Janeiro with prince regent Dom João VI, who became the country’s ruler. He became so fond of his new home that he decided to stay even after Napoleon’s defeat in 1815. In 1816, he declared Rio de Janeiro the capital of the united kingdom of Brazil and Portugal.

In 1821, Dom João returned to Portugal, leaving the regency to his son, Pedro. Having grown up among the Brazilian people, Pedro was keen to make Brazil an independent nation, and declared himself Emperor Dom Pedro I of Brazil on 7 September 1822. He met little resistance at that time from struggling Portugal.

His son, Dom Pedro II, took over his rule in 1840. After a period of civil war, he improved the parliamentary system, encouraged mass immigration and abolished slavery in 1888.

### **The republic**

The 19th century saw the growth of the coffee trade, which replaced sugarcane as Brazil’s main export. In 1889, a military coup backed by Brazil’s wealthy coffee farmers toppled the empire and sent Dom Pedro II into exile. The Republic of Brazil was born.

Over the next 40 years, Brazil was governed by a series of military and civilian presidents, with a strong military influence throughout. At the end of the 19th century, waves of immigrants from Germany, Italy, Japan, Portugal and Spain poured into the country to work on the coffee farms. In the years to come, immigration from other areas occurred, including Jews fleeing persecution during the Second World War, as well as a number of immigrants from the Middle East.

### **Dictatorship**

Following the start of the global crisis in 1929, Getúlio Vargas, despite losing the elections, came to power after the military took over. Influenced by the Italian and Portuguese fascist regimes, he banned other political parties, censored artists and the press and imprisoned political opponents. On a more positive note, he implemented new labour laws and was generally well-liked, leading to his democratic re-election as president in 1951.

In 1964, Brazilian president João Goulart was replaced by a military regime, which banned other political parties and freedom of speech. In spite of this, the Brazilian economy thrived up until the 1970s, when opposition to the regime began

to spread. A series of strikes increased the popularity of the Brazilian Worker's Party and forged the beginnings of a return to civilian rule between 1979 and 1985.

### Democracy

The Brazilian presidents following the 1985 election included José Sarney, under whom a period of hyperinflation set in and foreign debt soared. Fernando Collor de Mello's presidency saw numerous scandals and corruption, resulting in his impeachment. Following this, President Itamar Franco and his finance minister and eventual successor, Fernando Henrique Cardoso, stabilised Brazil's economy and introduced the 'real' currency, leading to an economic boom. President Lula, from a humble background, was elected president in 2002, serving until the end of 2010. Brazil's economy flourished and numerous anti-poverty measures were put in place, nurturing a growing middle class.

## OVERVIEW OF RIO

Rio is a picture-postcard city, with lush green mountains, lakes, blue-green ocean and miles of white sandy beaches. It is the home of Sugarloaf Mountain, the Maracanã stadium, Guanabara Bay and, overlooking it all, the statue of Christ the Redeemer. It is no wonder it is known as the 'Marvellous City'. The friendliness of the cariocas (as Rio locals are known) can be experienced in the streets, bars and at the beach.

The former capital of the Brazilian empire, Rio de Janeiro is located in the state of the same name in the southeastern strip of Brazil's Atlantic coast. It is the most-visited metropolis in the southern hemisphere. In January 1502, the second exploratory expedition by the Portuguese, led by Captain Gaspar Lemos, reached Guanabara Bay. The legend holds that he entered Guanabara Bay thinking it was a river, and so named it Rio de Janeiro (River of January).

### TOP TIPS

**Iconic Sights:** Sugarloaf Mountain, Christ the Redeemer, Maracanã, Arches of Lapa, Selaron stairs

**Beaches:** Ipanema, Leblon, Grumari, Copacabana

**Walks:** Botanical Gardens, Lagoa, Santa Teresa, Parque Nacional da Tijuca

**Food and Drink:** Ipanema and Leblon

**Nightlife:** Lapa

## 10 BRAZILIAN FOOD AND DRINKS TO TRY

1. **Feijoada** – Brazil's national dish, feijoada is a bean stew slow-cooked with pork and beef. Goes beautifully with 'farofa', a type of manioc flour which can be mixed with egg and other ingredients.
2. **Churrasco** – refers to beef or grilled meat. The term 'churrasco' can mean a barbecue or a steakhouse and is a popular social activity in Brazil.
3. **Moqueca** – originally from the northeastern state of Bahia, moqueca is a fish stew made with coconut milk, tomatoes, onions, garlic, coriander and palm oil.
4. **Bobó de camarão** – also with origins in Bahian cuisine, bobó de camarão is a dish made with shrimps, manioc flour and coconut milk.
5. **Pastel** – a popular bar snack, it is a small half-moon shaped light pastry with different fillings, including cheese, hearts of palm, meat and prawns. Best together with an ice-cold beer.
6. **Açaí** – açaí is a small dark-purple berry and a popular 'superfood', packed with protein, vitamins and anti-oxidants. It is sold as frozen pulp or juice.
7. **Mate** – a traditional Latin-American drink made with the leaves of the mate herb, in Brazil it is served ice-cold, as opposed to hot as in neighbouring Argentina.
8. **Coconut water** – served fresh from a coconut with a straw, best appreciated at the beach.
9. **Caipirinha** – a drink made with cachaça, a liquor made from sugarcane juice, together with fresh lime, sugar and ice. A variation on the caipirinha is the caipivodka, a similar concept but made with vodka. Lime can be substituted by a wide range of fresh exotic fruits in both versions.
10. **Biscoito Globo** – the perfect beach snack, these donut-shaped powder biscuits come in bright green and yellow (salty-flavored) and red and yellow (sweet) packaging.

#### TOP 10 PLACES TO EAT IN RIO

1. Fogo de Chão (Botafogo, [www.fogodechao.com.br](http://www.fogodechao.com.br))
2. Porcão (Ipanema, Barra, [www.porcao.com.br](http://www.porcao.com.br))
3. Casa da Feijoada (Ipanema, [www.cozinhatipica.com.br](http://www.cozinhatipica.com.br))
4. Pizzeria Bráz (Jardim Botânico, [www.brazpizzaria.com.br](http://www.brazpizzaria.com.br))
5. Aprazível (Santa Teresa, [www.aprazivel.com.br/aprazivel.htm](http://www.aprazivel.com.br/aprazivel.htm))
6. Zazá Bistrô (Ipanema, [www.zazabistro.com.br](http://www.zazabistro.com.br))
7. Confeitaria Colombo  
(Centro, [www.confeitariacolombo.com.br](http://www.confeitariacolombo.com.br))
8. Lagoon (Lagoa, [www.lagoon.com.br](http://www.lagoon.com.br))
9. Bar Urca (Urca, [www.barurca.com.br](http://www.barurca.com.br))
10. Bar do Cícero (Barra, Ilha Primeira)

**Top tip:** eating out in Rio can be expensive. Try the per-kilo restaurants, shopping mall food courts or juice bars for cheaper eats.



## 2 | General information

#### GETTING TO BRAZIL

##### AIRPORTS IN RIO DE JANEIRO

International flights to Rio de Janeiro arrive at Antônio Carlos Jobim International Airport (GIG), or 'Galeão', as it is popularly known. This is the official port of entry during the Olympic and Paralympic Games. Depending on your airline, you may connect through São Paulo which will add at least three hours to your journey, including the stopover.

- **Antônio Carlos Jobim International Airport (GIG)**

Avenida 20 de Janeiro, Ilha do Governador  
Rio de Janeiro, RJ  
Phone: +55 (21) 3398-5050  
Distance from downtown Rio: 20 kilometres

- **Santos Dumont Airport (SDU)**

Praça Senador Salgado Filho  
Rio de Janeiro, RJ  
Phone: +55 (21) 3814-7070  
Location: Guanabara Bay, near the city centre

### Getting to and from the airports

At Galeão International Airport, you can use a regular yellow taxi, such as Aerotaxi +55 (21) 3398 3163 or Aerocoop +55 (21) 3398 3691), or a slightly more expensive but safer radio taxi, for which you pay a set fee at the airport. Radio taxi booths can be found as you exit customs. Please see the below section on taxis for more information.

Shuttle Rio (+55 (21) 7842 2490, [shuttlerio.com.br/home/en](http://shuttlerio.com.br/home/en)) provides air-conditioned vans connecting Galeão International Airport to a number of hotels in the Southern Zone and Barra da Tijuca.

At Santos Dumont Airport, taxi companies available include Transcoopass Rádio Táxi ([www.transcoopass.com.br](http://www.transcoopass.com.br)), Transcootour ([www.transcootour.com.br](http://www.transcootour.com.br)) or Coopataxi ([www.coopataxi.com.br](http://www.coopataxi.com.br)).

Real Auto Bus ([www.realautoonibus.com.br](http://www.realautoonibus.com.br)) provides buses to and from both airports to the centre, Southern Zone of Rio and Barra.

### AIRPORTS IN SÃO PAULO

#### • Guarulhos International Airport (GRU) – main airport

Rodovia Hélio Smidt, Cumbica, Guarulhos  
São Paulo, SP  
Phone: +55 (11) 2445-2945

#### • Congonhas Airport (CGH) – secondary airport

Avenida Washington Luiz  
São Paulo, SP  
Phone: +55 (11) 5090-9000

Please be aware when booking flights through São Paulo that you may be required to transfer between the international and domestic airports. This will entail passing through baggage reclaim, customs and organising your transfer to another airport to complete a separate check-in. The average travel time by car between São Paulo airports is 1½ to 2½ hours.

### VISAS

Some passport holders do not require visas to enter Brazil, however passports must be valid for at least six months and a return ticket and proof of sufficient funds may be requested on arrival. Tourists will be admitted for a stay of up to 90 days

which is extendable, at the discretion of the federal police, for a further 90 days.

NOCs and NPCs coming to Brazil on an official Rio 2016 visit should contact their NOC or NPC Relations contact for details. If required, letters of invitation can be issued to visa nationality NOC/NPC delegates for official visits. Please see the 'Visits' section of the Rio Exchange for further information about nationals requiring a visa for Brazil, as well as how to apply for a visa.

### GETTING AROUND RIO

#### Metro

Rio's subway system links five different suburban locations to downtown Rio, and an extension is being built to connect Rio with Barra. All trains are air-conditioned. You can visit the Rio 2016 Organising Committee by taking line 1 and getting off at Estácio station. The Rio 2016 offices are located across the road from the station on Rua Ulysses Guimarães. A single fare can cost between R\$ 3.20 or R\$ 4.35 for metro+bus depending on the destination. You can buy a pre-paid card at any station.

Metro Rio website: [www.metrorio.com.br](http://www.metrorio.com.br)

Online maps: [www.metrorio.com.br/en/mapas.htm](http://www.metrorio.com.br/en/mapas.htm)

#### Buses

Bus fares vary according to route and bus type and are displayed on the front windscreen of the buses. A conventional bus fare is about R\$ 3.00 and must be paid in cash when you board the bus (make sure you have small change!). There are also air-conditioned coach buses for longer distances, with fares between R\$9.25 and R\$13.75. Please refer to the chart on the following page for bus destinations and route numbers.

Vans and minibuses (generally small white vans with coloured stripes on the sides) are very common in Rio, but are unsafe and not recommended.

#### Car rental


Renting a car is somewhat expensive in Brazil and parking can also be difficult. Both airports (Antônio Carlos Jobim International and Santos Dumont) offer a variety of major companies (listed below). These companies also have facilities around the city. Insurance is highly recommended.



Rio metro



Novo Leblon BRT station

<div></div> <div>Ônibus Municipais</div> <div>City Buses</div>	Para   To																
	Copacabana	Ipanema	Leblon	Gávea	Jardim Botânico	São Conrado	Barra	Calete / Flamengo	Botafogo	Lapa	Centro	Rodoviária Novo Rio	Corcovado / Laranjeiras	Maracanã	Urca / Pão de Açúcar	Aeroporto Internacional	Aeroporto Santos Dumont
De   From																	
Copacabana		570 162	132 512 574	432 435 593	570 162 584	308 177 523	308 523	569 161 573	569 161 573	161	123 124 132	126 127 128	569 583	464	511	Real	128 132 415
Ipanema	161 573		132 512 574	432 435 593	570 162 584	308 177 523	308 523	569 161 573	569 161 573	161	123 124 132	128 474 486	569 583	464	511	Real	128 132 415
Leblon	511 161 583	511 161 583		432 435 593	512 574 584	308 177 523	308 177 523	161 573 583	161 573 583	161	128 132 172	128 172 173	570 583 584	464	511	Real	128 132
Gávea	161 583 593	161 583 593	523 161 593		170 176 592	179 523 524	179 523 524	158 176 161	170 176 592	158 161	170	170 172 173	569 570 583	—	512	—	—
Jardim Botânico	161 573 583	161 573 583	161 573 583	170 158 410		179 524	179 524	176 161 583	170 176 592	158 161	170 172 179	170 172 173	569 570 583	—	512	—	—
São Conrado	523 177 308	523 177 308	523 177 308	523 524 354	179 524		308 179 523	—	179 524	—	308 177 179	178	—	—	—	Real	Real
Barra	308 523	308 523	308 524	179 523	524	179 524 354		—	179 524	—	308 179 225	233 234	—	—	—	Real	Real
Calete / Flamengo	570 162 573	569 161 573	570 584 574	170 178 161	170 178 161	178 179 524	308 179 524		574 583	434 161 162	170 178 180	172 178 180	180 569 583	434 464	—	—	126 132 497
Botafogo	162 574 584	162 574 584	512 569 574	158 161 592	158 161 592	179 524	179 524	178 161 583		424 161 162	170 172 179	170 172 173	570	464	512	—	—
Lapa	433 464 162	464 161 162	434 464 161	158 410 161	158 410 161	—	—	158 161	434 161 162		247	—	—	—	—	—	—
Centro	121 123 124	123 308 132	128 132 172	170	170 172 179	308 177 179	308 179 225	—	170 172 179	247		128 127 171	180 422	238 239	107	324 326	—
Rodoviária Novo Rio	126 127 128	474 486	110 128 172	170	170 172 173	—	233 234	170	136 170 172	362 497	127 128 170		497 498	—	—	Real	Real
Laranjeiras / Trem do Corcovado	570 584	570 584	570 584	569 583 584	569 583 584	—	—	180 497 498	583	180 184	180 184	180 406 422		—	—	—	497
Maracanã	455 456 457	456 457	434 435 464	—	—	—	—	434	434 435	238 247 464	247 249	266	—	—	—	—	—
Urca / Pão de Açúcar	512	512	512	511 512	511 512	—	—	—	—	—	107	—	—	—	—	—	—

By law, foreigners are allowed to drive in Brazil with their valid national driving licence for up to six months after they arrive in the country. It is advisable to keep your passport with you while driving. Please note that there is a zero tolerance approach to driving under the influence of alcohol which is rigorously enforced.

- **Avis**

Telephone: +55 (21) 0800 725-2847

Website: [www.avis.com.br](http://www.avis.com.br)

- **Hertz**

Telephone: +55 (21) 2275-7440, +55 (21) 2275-7168

or +55 (21) 2275-8337

Website: [www.hertz.com.br](http://www.hertz.com.br)

- **Localiza**

Telephone: +55 (21) 2275-3340 or +55 (21) 2275-1043

Website: [www.localiza.com](http://www.localiza.com)

- **Unidas**

Telephone: +55 (21) 2295-3628

Website: [www.unidas.com](http://www.unidas.com)

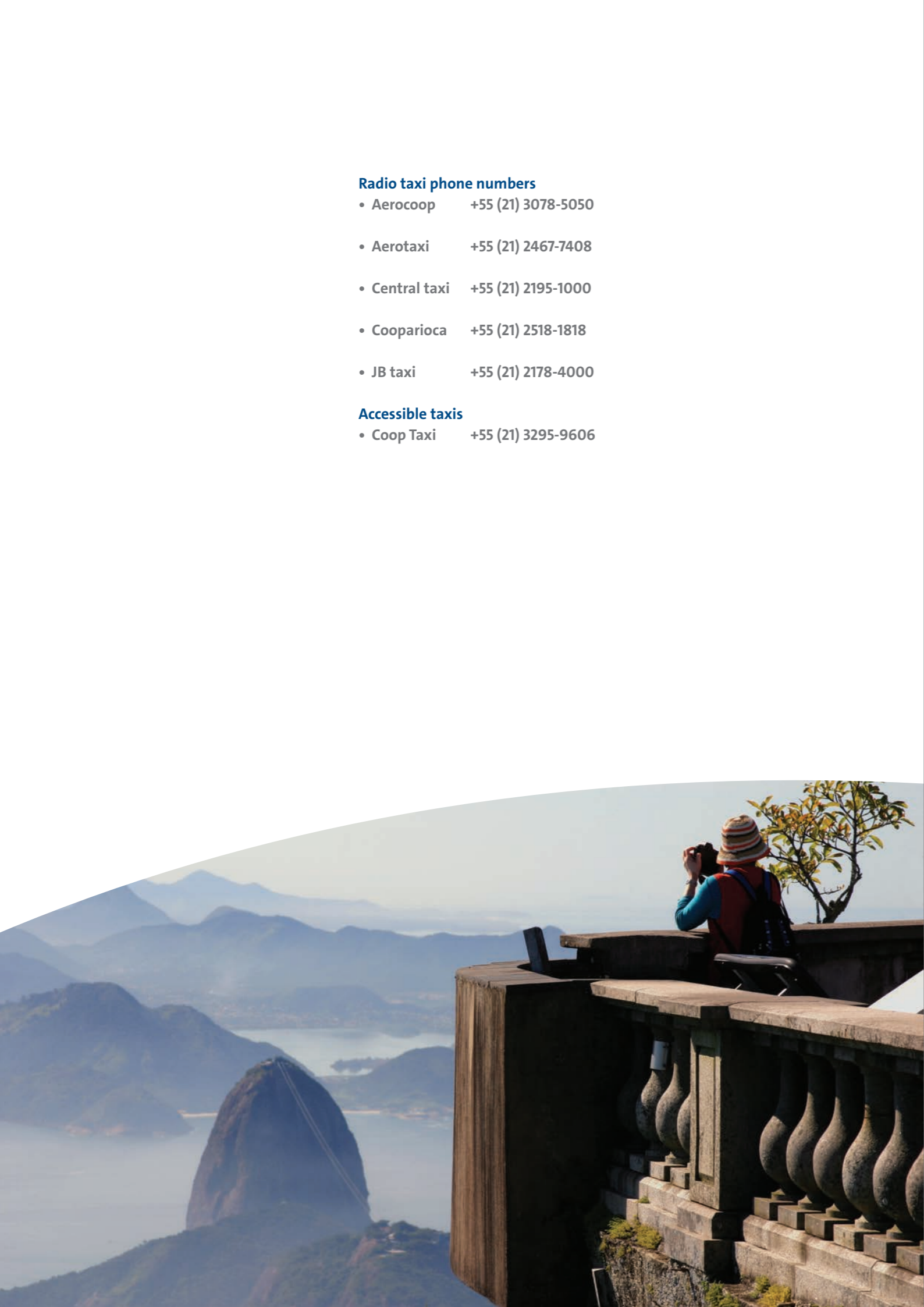


### Taxis

Rio taxis are generally reliable and fall into two categories:

Yellow taxis run on a meter and can be found all over the city. Do not agree on pre-paid deals with yellow taxis as such an arrangement is illegal. See the table at the end of this section for current fare prices for yellow taxis.

Radio taxis are 30% more expensive but generally safer, larger and air-conditioned. They may be white, blue or red. Call one of the companies providing this kind of service and tell them where to pick you up, where to drop you off, and at what time. Some radio taxis charge by the meter, others charge flat rates. Ask for all details first. We suggest that you ask your hotel or a local Portuguese-speaking contact you may have to assist you with this as they do not usually speak English, and they will ask for a local telephone number to confirm.



Radio taxi phone numbers

- Aerocoop +55 (21) 3078-5050
- Aerotaxi +55 (21) 2467-7408
- Central taxi +55 (21) 2195-1000
- Cooparioca +55 (21) 2518-1818
- JB taxi +55 (21) 2178-4000


Accessible taxis


- Coop Taxi +55 (21) 3295-9606

 Taxis de Rua   Yellow Taxis	Aeroporto Santos Dumont	Aeroporto Internacional	Urca / Pão de Açúcar	Maracanã	Cosme Velho / Laranjeiras	Rodoviária Novo Rio	Centro / Lapa	Botafogo	Catete / Flamengo	Barra	São Conrado	Gávea / Jardim Botânico	Leblon	Ipanema
Copacabana	R\$ 22,00 ⌚ 13min	44,00 28min	14,00 11min	27,00 22min	19,00 14min	27,00 19min	23,00 16min	11,00 10min	19,00 25min	41,00 32min	26,00 22min	16,00 20min	15,00 14min	12,00 9min
Ipanema	R\$ 27,00 ⌚ 20min	43,00 26min	16,00 14min	26,00 25min	18,00 12min	26,00 25min	28,00 26min	15,00 13min	24,00 30min	36,00 26min	20,00 16min	14,00 15min	11,00 7min	
Leblon	R\$ 28,00 ⌚ 22min	43,00 27min	19,00 18min	26,00 25min	18,00 13min	26,00 17min	28,00 26min	15,00 14min	24,00 30min	31,00 25min	16,00 12min	11,00 9min		
Gávea / Jardim Botânico	R\$ 31,00 ⌚ 27min	46,00 31min	22,00 22min	29,00 30min	21,00 18min	28,00 22min	31,00 30min	19,00 19min	28,00 31min	29,00 25min	13,00 12min			
São Conrado	R\$ 37,00 ⌚ 29min	53,00 34min	28,00 25min	36,00 28min	27,00 25min	35,00 25min	37,00 28min	26,00 22min	35,00 33min	23,00 20min				
Barra	R\$ 57,00 ⌚ 32min	54,00 31min	44,00 34min	48,00 33min	43,00 27min	50,00 28min	57,00 32min	41,00 28min	50,00 35min					
Catete / Flamengo	R\$ 12,00 ⌚ 13min	41,00 32min	18,00 20min	22,00 24min	12,00 12min	18,00 18min	13,00 15min	14,00 20min						
Botafogo	R\$ 19,00 ⌚ 12min	40,00 24min	12,00 10min	22,00 18min	14,00 15min	22,00 15min	21,00 20min							
Centro / Lapa	R\$ 9,00 ⌚ 6min	33,00 24min	18,00 13min	15,00 14min	15,00 20min	14,00 15min								
Rodoviária Novo Rio	R\$ 15,00 ⌚ 20min	28,00 20min	21,00 24min	13,00 13min	18,00 20min									
Cosme Velho / Laranjeiras Trem do Corcovado	R\$ 16,00 ⌚ 20min	44,00 30min	16,00 13min	27,00 25min										
Maracanã	R\$ 18,00 ⌚ 20min	30,00 25min	26,00 25min											
Urca / Pão de Açúcar	R\$ 19,00 ⌚ 10min	47,00 30min												
Aeroporto Internacional	R\$ 35,00 ⌚ 25min													

Preços e tempos médios partindo-se dos pontos centrais dos bairros e seguindo pelas principais vias.

Average fare and time between central points of the districts, driving through main streets.

 Companhias de Taxi   Taxi Companies	
Aerocoop	2560-5428 / 3078-5050
Aerotaxi	3398-3163 / 2467-7408
Central de Taxi	2593-2598 / 2195-1000
Cooparioca	2518-1818 / 2158-1818
Coopsind	2589-4503 / 2189-4503
JB Taxi	2178-4000 / 2501-3026 / www.jbtaxi.com.br
Taxi Meier	2596-7007 / Fax. 2269-0286
Sul Taxi	3852-5181 / www.sultaxi.com.br

 Taxis para Cadeirantes   Taxis for Handicapped	
Taxi especial para portadores de mobilidade reduzida e idosos. Serviços de passeios turísticos com intérprete. Customized transportation service for those with reduced mobility capacity and the elderly, besides tourist trips with language interpreters.	
Coop Taxi RJ	3295-9606

Coopatur Radiotaxi	2573-1009 / 3885-1000
Coopertramo Radiotaxi	2560-2022 / 2200-9292
Cootramo	3976-9944 / 3976-9945
Royalcoop	2548-5897
Transcoopass	2590-6891
Transcootour	2590-2300

EMERGENCIES

In case of robbery, contact the tourist police (open 24 hours):

Tourist police

Corner of Rua Afrânio de Melo Franco and Rua Humberto de Campos, Leblon  
Phone: +55 (21) 2332-4924

Other emergency numbers:

Ambulance: 192  
Fire Department: 193  
Police: 190

MEDICAL SERVICES

Foreign nationals are entitled to emergency medical treatment in Brazilian public hospitals. Private hospitals will not admit you unless you can present evidence of sufficient funds or insurance. For pre-Games visits, make sure you have adequate travel and health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation. If you need emergency medical assistance, dial 192 and ask for an ambulance. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

As mentioned above, in an emergency, the public emergency response system can be accessed by dialing **192**. The hospitals listed below are conveniently located in various venue zones and most have an emergency department.

HOSPITALS		
Venue zone	Name and address	Details
Barra	Hospital Barra D’Or Avenida Ayrton Senna, 2541 <a href="http://www.barrador.com.br">www.barrador.com.br</a>	Private hospital with an emergency department
	Unimed-Rio Cooperativa de Trabalho Médico Avenida Armando Lombardi, 400	Private hospital with no emergency department
Copacabana	Hospital Samaritano Rua Bambina 98, Botafogo <a href="http://www.hsamaritano.com.br">www.hsamaritano.com.br</a>	Private hospital with an emergency department
	Hospital Copa D’Or Rua Figueiredo Magalhães 875, Copacabana <a href="http://www.copador.com.br">www.copador.com.br</a>	Private hospital with an emergency department
Maracanã	Hospital Quinta D’Or Rua Almirante Baltazar, 435 <a href="http://www.quintador.com.br">www.quintador.com.br</a>	Private hospital with an emergency department
	Hospital Pasteur Praça da República, 111 <a href="http://www.hospitalpasteur.com.br">www.hospitalpasteur.com.br</a>	Private hospital with an emergency department

The Clínica Galdino Campos also provides 24-hour care and multilingual doctors:

Clínica Galdino Campos

Avenida Nossa Senhora de Copacabana, 492  
Copacabana  
Phone: +55 (21) 2548-9966  
<http://galdinocampos.com.br>

During Games time, medical services will be provided in the Village, at venues, and there will be dedicated hospitals for athletes and officials.

There are pharmacies on almost every corner across the city, some of which are open 24 hours. The bigger chain pharmacies include Drogaria Pacheco and Droga Raia.

HEALTH AND VACCINES

Brazil does not require foreign nationals to be vaccinated against yellow fever or any other diseases. However, it is the responsibility of the traveller to consult your local health services around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Region-specific information and advice is available from the National Travel Health Network and Centre ([www.nathnac.org/travel](http://www.nathnac.org/travel)).

Please note that visitors who transit through another country en route to Brazil are responsible for checking the rules and regulations that apply in respect of vaccinations there.

There has been a rise in dengue fever (a viral disease transmitted by mosquitos) in Rio de Janeiro since 2013. Ensure you use bite prevention measures, including the use of effective repellents (such as ‘OFF’ which you can buy in pharmacies in Rio).

MONEY  
Currency

The currency in Brazil is the real (plural ‘reais’), abbreviated as R\$. The real is divided into 100 centavos. The current exchange rate is R\$1 to US\$0.46 (April 2014), however it can fluctuate quite significantly, therefore it is best to check before you travel.

### Cash withdrawals and credit cards

For withdrawing cash with international credit and debit cards, try Banco24Horas ATMs, Bradesco (Rio 2016's official sponsor), Citibank and HSBC. You can find 'Banco 24horas' machines at metro stations, shopping malls, supermarkets and petrol stations. It is not worth trying Itaú, Unibanco and Caixa as they are Brazilian-only.

Banks open around 10.00am and close at 4.00pm. Some Brazilian websites and services companies only accept Brazilian credit cards but most restaurants and shops will accept all credit and debit cards.

Visa is widely accepted and will be the only form of card payment accepted at official venues during Games time. American Express is not widely accepted in Brazil and cheques are not often used.

### Currency exchange

There are a few places where US dollars, euros and British pounds can be exchanged for Brazilian reais. Over the past few years, it has become more common to use cash machines/ATMs for cash withdrawals.

Money can be changed at 'casas de câmbio' (exchange offices), a number of which can be found behind the Copacabana Palace in Copacabana and on Visconde de Pirajá near Praça General Osório in Ipanema. Try **Bradesco Câmbio Exchange** (Avenida Atlântica 1702) or **Casa Universal** (Avenida Nossa Senhora de Copacabana 371), both in Copacabana. Avenida Rio Branco, north of Avenida Presidente Vargas in the centre also has several exchange offices. Try **Casa Aliança** (Miguel Couto 35B, Centro).

## TELEPHONE AND INTERNET ACCESS

### Telephone usage

Public phones

To use a public phone you need a calling card (coins are not accepted). Cards can be purchased at newsstands (bancas de jornais) all over the city.

### Making phone calls

For calls within Greater Rio de Janeiro, dial the number directly. For long distance domestic calls first dial 021, then the city code, followed by the actual phone number. To call São Paulo, for example, you would dial 021-11-\*\*\*\*-\*\*\*\*.

To make international phone calls, start with 0021, followed by the country code, area code, and phone number. To call the United Kingdom, for example, you would dial 0021-44-\*\*\*\*\*.

If you are calling Rio de Janeiro from abroad, you have to dial the country code 55, the city code for Rio, 21, and phone number. If you are in New York, for instance, you would dial +55-21-\*\*\*\*-\*\*\*\*.

Claro is a Rio 2016 sponsor. Other mobile phone network providers are Vivo, TIM, Oi and Nextel.

### SIM cards

In September 2012, the Brazilian Ministry of Communications and the National Telecommunications Agency declared that foreign tourists were able to purchase and activate SIM cards in Brazil using only their passport. However, some mobile phone companies will not let allow you to purchase and activate a local SIM card without a 'CPF' (a Brazilian tax registration number for residents in Brazil). You should currently be able to buy a SIM card from telecommunications company TIM using your passport.

### Internet access

Most hotels and youth hostels provide internet access.

**Central Fone** (Avenida Rio Branco 156, Centro) is a good spot for internet and international phone calls. **Cyber Point** (Avenida Nossa Senhora de Copacabana 445, Copacabana) also provides internet access.

## TOURIST INFO

**Rio Tour** (tel: +55 (21) 2541-7522, Praça Pio X 119, Centro) is a good tourism agency. Its offices distribute maps and the bi-monthly Rio Guide, listing the major seasonal events. It also has a website in English: [www.rioguiaooficial.com.br](http://www.rioguiaooficial.com.br). There are information posts in Copacabana (Avenida Princesa Isabel 183) at Copacabana beach kiosk (Avenida Atlântica at Hilário de Gouveia), Praça Nossa Senhora da Paz in Ipanema (in front of the church Nossa Senhora da Paz), and at Galeão airport (terminals 1 and 2 arrivals).

## ACTIVITIES

### Hiking, climbing and hang gliding

Given Rio's diverse landscape of beaches, mountains and forests, as well as its rich cultural life, there are plenty of activities to keep you busy during your stay, including hiking, climbing and hang gliding. Some suggested companies include:



Tijuca forest

- Jungle Me ([www.jungleme.com.br](http://www.jungleme.com.br))
- Rio Hiking ([riohiking.com.br](http://riohiking.com.br))
- Climb in Rio ([climbinrio.com](http://climbinrio.com))
- Rio Adventures ([www.rioadventures.com](http://www.rioadventures.com))
- Delta Flight ([riobyjeep.com/deltaflight](http://riobyjeep.com/deltaflight))
- Rio Tandem Fly ([www.riotandemfly.com.br](http://www.riotandemfly.com.br))

### Dance and cookery classes

As the home of samba, Rio is the best place to pick up some dance moves. In the heart of Rio, Lapa is a good place to watch and have a go yourself, however for more structured dance classes, you can try:

**Rio Samba Dancer** ([www.riosambadancer.com](http://www.riosambadancer.com)) in Copacabana, where you can take samba classes and have the option to combine the class with a samba night tour.

**Centro Cultural Carioca** ([www.dancaccc.com.br/estilos](http://www.dancaccc.com.br/estilos)) in the centre, which offers a range of styles, including samba, forró and salsa from Monday to Saturday.

**Cook in Rio** ([www.cookinrio.com](http://www.cookinrio.com)) also in the centre, where you can learn to cook a range of Brazilian dishes. A four-hour class costs R\$150.

## SHOPPING

Rio has a great deal to offer in the way of shopping. Avenida Ataulfo de Paiva in Leblon is dotted with bookshops and boutiques, whilst Rua Visconde de Pirajá in Ipanema has some cheaper options and is bursting with shops selling just about anything. Rua do Lavradão in Lapa is lined with antique shops.

### Shopping centres

There are numerous shopping centres in Rio; many are located in Barra, close to the Olympic and Paralympic Village (see the first two shopping centres listed on the following page). Shopping centres are generally open all week (including Sundays).

**Barra Shopping** (Av. das Américas, 4666, Barra da Tijuca, [barrashopping.com.br](http://barrashopping.com.br)) has over 600 shops to choose from (including clothes, electronics, accessories, furniture shops and pharmacies), as well as numerous cafes and restaurants.



Rio Sul shopping centre

**Via Parque** (Avenida Ayrton Senna, 3000, Barra da Tijuca, [www.viaparqueshopping.com.br](http://www.viaparqueshopping.com.br)) also offers a wide range of shops but is slightly more upscale.

**Rio Sul** (Rua Lauro Muller 116, Botafogo, [www.riosul.com.br/en/home.html](http://www.riosul.com.br/en/home.html)) has 400 shops with a wide range of products including clothes, electronics and homeware, as well as two foodcourts and a cinema.

**Shopping Leblon** (Avenida Afrânio de Melo Franco, 290 Leblon, [www.shoppingleblon.com.br](http://www.shoppingleblon.com.br)) offers a range of high-end shops, mainly for clothes and accessories.

## Markets

The huge, lively **São Cristóvão market** (Pavilhão de São Cristóvão near the Quinta da Boa Vista, [www.feiradesaocristovao.org.br](http://www.feiradesaocristovao.org.br)) sells typical food, drink and crafts from the northeast of Brazil.

The **Hippie Fair** (Praça General Osório, [www.feirahippieipanema.com](http://www.feirahippieipanema.com)) every Sunday in Ipanema is a great place to pick up souvenirs, such as clothes, accessories and paintings.

## SECURITY

Rio de Janeiro is working hard to improve its reputation as a city with a high crime rate. In recent years, police protection has improved significantly, particularly in Zona Sul (the Southern Zone: Copacabana, Ipanema, Jardim Botânico, Lagoa, Leblon) and Barra da Tijuca.

Today, although the likelihood of experiencing crime in Rio has diminished, it still exists. Much of the crime that occurs is opportunistic crime, meaning that criminals focus on those they consider easy or high-value targets.

Visitors to Rio can greatly minimise the risk of being targeted by petty criminals by following a few common sense rules. Please note that while the following tips may sound alarmist, they could apply to any big city in the world.

**Security tips for visitors:**

- Be aware of your surroundings and others when walking along the street, especially at night. Avoid dark or enclosed areas.
- Be careful when taking public transport at night, particularly on the city's buses. Consider taking an official taxi (yellow with blue stripes), especially when travelling to less secure or unfamiliar locations.
- Carry only enough cash for your expected purchases and a credit card. Leave your passport and other credit cards in your hotel.
- Take care when withdrawing money from a cash machine or ATM. It is best to use the machines located inside banks, buildings and shopping centres. Do not keep all of your money in one bag or pocket.
- Make a copy of the photo page of your passport and carry it with you. It makes it easy to get into night clubs or to provide identification if you are stopped by the police.
- Do not walk around wearing expensive-looking jewellery or other items. A basic watch or wedding band is okay.
- Keep cameras, phones and other gadgets in your pocket or in nondescript paper or plastic bags.
- Stay away from the slum areas (favelas) unless you are with a guide or are part of an organised tour.
- The city centre should be visited during working hours (but be aware of pickpocketing there) and can be empty and dangerous at night.
- Remember to be just as vigilant at the beach as elsewhere, keep valuables out of sight and only take essentials with you.

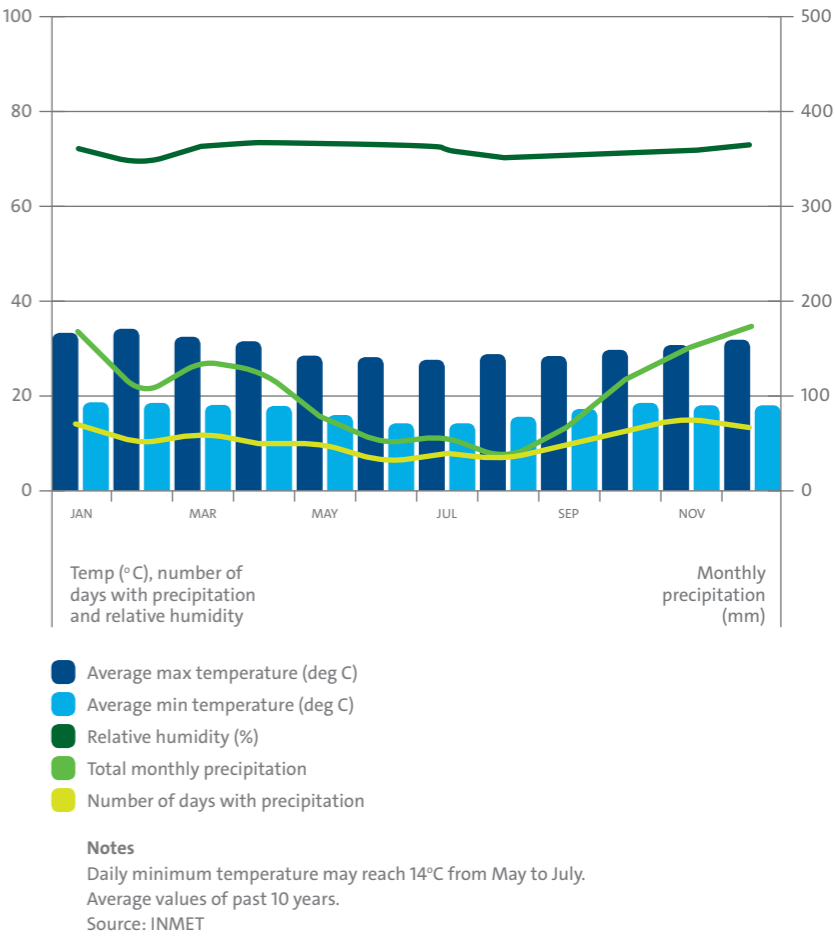
Police officers in the street try to be helpful, but most do not speak other languages. If you need to report something stolen for insurance purposes, go directly to the tourist police (see the Emergency section above for details).

**CLIMATE**

In Rio, the summer season (end of December – end of March) is hot and winters (end of June – end of September) are mild. On average, the warmest month is February and the coolest months are July/August. The wettest months tend to be January, February, March and April.

The average daylight hours in Rio de Janeiro at Games time (August and September) are from sunrise at 6.00am to sunset at 6.00pm.

**RIO DE JANEIRO CLIMATE INFORMATION**



## TIME ZONES

Within Brazil there are three main time zones, ranging from GMT minus two to four hours, depending on the region. Time is determined at state level.

### Brasília Standard and Summer Time

The time in most of Brazil visited by foreign tourists is Brasília Standard Time (BRT) which is three hours behind Greenwich Mean Time (GMT-3). This is true of Rio de Janeiro, São Paulo, Brasília and Minas Gerais.

Brasília Summer Time (BRST) is two hours behind Greenwich Mean Time (GMT-2). This is true of Rio de Janeiro, São Paulo, Brasília, Bahia and Minas Gerais.

### Amazon Standard and Amazon Summer Time

Amazon Standard Time (AMT) in Brazil is used by the western states and is GMT-4.

Amazon Summer Time (AMST) is GMT-3 and is only used in Mato Grosso and Mato Grosso do Sul. The remaining states remain on Standard Time all year.

### Fernando de Noronha archipelago time

The Fernando de Noronha archipelago standard time is GMT-2. It does not use summer time.



# 3 | Rio by neighbourhood

## CENTRE (CENTRO): DOWNTOWN, LAPA, SANTA TERESA

### Sights

The **centre** of Rio, once the focus of public life throughout the 19th and 20th centuries, is now the city's commercial district. With its old baroque churches and cobbled streets, it is well worth an afternoon stroll. Rua do Ouvidor is lined with bookshops, art galleries and open-air restaurants. Happy hour is a local tradition in the Largo de Teles area, where you will find cariocas relaxing with a glass of beer and typical bar snacks.



Armazém São Thiago - Santa Teresa

**Santa Teresa** is a charming neighbourhood close to **Lapa** and the city centre of Rio. With narrow, windy cobbled streets, beautiful old houses and cosy bars and restaurants, it feels far away from the hustle and bustle of Rio. It has a strong French influence and a wide variety of restaurants, serving traditional Brazilian, German and French cuisine. The historic tramline has been suspended since 2011, however it is due to be re-opened in 2014.

### Things to do

There are numerous sights to explore in the city centre. The old imperial palace **Paço Imperial**, located in the Praça XV de Novembro, was home to the Portuguese and Brazilian royal

families from 1808. Today it is a cultural centre, with a museum, restaurant and bookshop. The **Centro Cultural Banco do Brasil** ([culturabancodobrasil.com.br/portal/rio-de-janeiro](http://culturabancodobrasil.com.br/portal/rio-de-janeiro)) features interesting exhibitions and galleries, as well as concerts, films and plays.



Theatro Municipal

The **Theatro Municipal** ([www.theatromunicipal.rj.gov.br](http://www.theatromunicipal.rj.gov.br)) also hosts concerts, plays and shows, and is a beautiful building in itself, which you can visit on a guided tour. Inaugurated in 1909, it is filled with opulent stairways, balconies, statues and paintings of famous playwrights including Molière and Shakespeare.

The **Museu Histórico Nacional** ([www.museuhistoriconacional.com.br](http://www.museuhistoriconacional.com.br)) contains thousands of historical items which tell the history of Brazil from its founding until it became a republic. **Nossa Senhora de Candelária** (Praça Pio X, Centro) is an important Catholic church dating from 1630 and has a beautifully-decorated interior.

The **Escadaria de Selarón** is a colourfully ornate staircase with 215 steps descending from **Santa Teresa** to **Lapa** lined with over 2,000 tiles. **Parque das Ruínas** in **Santa Teresa** has stunning views over the city. From there, you can see Christ the Redeemer, the Sugarloaf, the city centre, Guanabara bay, Niteroi and the Arches of Lapa. Concerts and theatre performances are also held in this beautiful setting. The **Museu Chácara do Céu** ([www.museuscastromaya.com.br/chacara.htm](http://www.museuscastromaya.com.br/chacara.htm)) is an art and antiques museum with excellent views and beautiful gardens.

#### Where to eat and drink

In the city centre, most restaurants open only for lunch.

**Confeitaria Colombo** ([www.confeitariacolombo.com.br](http://www.confeitariacolombo.com.br)) at over 100 years old is like a step back in history. Serving wonderful pastries and delicate dishes, it is the ideal place for a leisurely brunch. **Caffé Olé** ([www.caffeole.com.br](http://www.caffeole.com.br)) is a quaint café-bistro surrounded by books. Great for coffee or lunch.



Confeitaria Colombo

**Bistrô do Paço** ([www.bistro.com.br/pt-BR](http://www.bistro.com.br/pt-BR)) is a small, charming bistro, good for lunches or a glass of wine and snacks during happy hour. The food is traditionally Brazilian with a home-made feel. **La Sagrada Família** ([www.lasagradafamilia.com.br/sagrada.htm](http://www.lasagradafamilia.com.br/sagrada.htm)) is a traditional carioca restaurant, with influences from the neighbouring state of Minas Gerais, also serving Italian dishes.

The **Line** ([www.theline.com.br](http://www.theline.com.br)) serves a reasonably-priced lunch buffet, with an all-you-can-eat feijoada menu on Saturdays. **Ateliê Culinário** ([www.atelieculinario.com.br](http://www.atelieculinario.com.br)) serves good Brazilian food and has an open-air terrace. **Bar Luíz** ([www.barluiz.com.br](http://www.barluiz.com.br)) serves up hearty German dishes and draft beers. At the eccentric and cinematic **Cais do Oriente** ([www.caisgourmet.com.br](http://www.caisgourmet.com.br)), you will find Brazilian and Mediterranean food.

In **Santa Teresa**, **Aprazível** ([www.aprazivel.com.br](http://www.aprazivel.com.br)) has an amazing view of the sea and mountains, great drinks and good food. Other recommended restaurants in the area include **Bar do Arnaldo** (Rua Almirante Alexandrino) for typical dishes from the northeast of Brazil, **Adega do Pimenta** ([adegadopimenta.com.br](http://adegadopimenta.com.br)) for German food and **Espirito Santa** (Rua Almirante Alexandrino) with live music at night and a quaint outdoor patio looking out over the mountains.

#### WESTERN ZONE (ZONA OESTE): BARRA\* AND DEODORO\*

##### \*Rio 2016 venues

##### Sights

Barra da Tijuca (or simply, 'Barra') is surrounded by lagoons, mountains and parks and has the longest stretch of beach in Rio at 12km long. Also known as the Miami of Rio, Barra's sprawling avenues are lined with numerous malls, restaurants and high-rise apartment blocks. Kite surfing, wind surfing and surfing are popular sports in this area.

##### Barra da Tijuca (Barra)

The Olympic and Paralympic Village, Olympic Park, Riocentro Convention Centre, Olympic Golf Course, International Broadcast Centre (IBC), Main Press Centre (MPC) and Barra Media Village are all located in the Barra Zone.

Barra will host 15 venues where 15 Olympic sports competitions will be held: boxing, table tennis, badminton, weightlifting, gymnastics, track cycling, aquatic sports, basketball, fencing, judo, taekwondo, wrestling, handball, golf and tennis. During the Paralympic Games, it will host 12 sports: wheelchair basketball, wheelchair rugby, judo, boccia, sitting volleyball, goalball, wheelchair tennis, track cycling, swimming, football 5-a-side, table tennis and weightlifting.

### Deodoro

Surrounded by greenery, this zone will host seven Olympic sports (equestrian, cycling (mountain bike and BMX), modern pentathlon, shooting, canoe - slalom, hockey and fencing) and three Paralympic competitions (shooting, equestrian and wheelchair fencing).

*See the **Rio 2016 Venue Zones** section at the end of this chapter for a list of all Rio 2016 venues and sports.*

### Things to do

In addition to the huge stretch of beaches in Barra, you can find beaches more off the beaten track around a 20-minute drive away. Prainha is a popular spot for surfers, and Grumari, a wild beach set against lush green mountains, is also worth a visit.

**Casa do Pontal** ([www.museucasadoportal.com.br/en](http://www.museucasadoportal.com.br/en)) houses a collection of over 5,000 pieces of folk art. Categorized by theme, the collection includes art associated with carnival, music, religion and folklore.

Former home of famous Brazilian landscape architect Roberto Burle Marx, **Sítio Burle Marx** ([sitioburlemarx.blogspot.com.br](http://sitioburlemarx.blogspot.com.br)) features thousands of different plant species.

### Where to eat and drink

Barra has an array of restaurants on offer in addition to the host of food options available in its numerous shopping malls.

**.Org** (Avenida Oligária Maciel, 175, Barra da Tijuca) or 'Ponto Org' is a colourful vegetarian restaurant.

**Adegão Portugê**s ([www.adegaoportugues.com.br](http://www.adegaoportugues.com.br)) serves wonderful traditional Portuguese food, with meat, seafood and fish dishes, whilst **Ettore** ([www.ettore.com.br/barra.html](http://www.ettore.com.br/barra.html)) is an excellent, classy Italian family-run restaurant.

**In House Café-Bistro** ([www.inhousecafebistro.com.br](http://www.inhousecafebistro.com.br)) serves a range of Brazilian food with a strong European influence.

Going to **Bar do Cicero** (Ilha Primeira, Barra da Tijuca) is an experience in itself. Located on an island, you will first need to catch the boat to the Ilha Primeira from the quayside behind Barra Point shopping centre. The boat trip takes around 10 minutes. The restaurant is set against a beautiful background, with a large outdoor terrace, and serves traditional Brazilian snacks and main dishes.

**Mirante da Prainha** (Avenida Estado da Guanabara, Barra) has a stunning view overlooking Prainha beach, a popular surfing spot. Highly recommended for seafood.

**Rascal** ([www.rascal.com.br](http://www.rascal.com.br)) serves a wonderful buffet with a wide variety of fresh and high-quality Mediterranean food.

### SOUTHERN ZONE (ZONA SUL): BOTAFOGO, COPACABANA\*, JARDIM BOTÂNICO, IPANEMA, LAGOA\*, LEBLON, URCA

#### \*Rio 2016 Venues

### Sights

A trip to Rio would not be complete without a visit to Sugarloaf Mountain and Christ the Redeemer, one of the new seven wonders of the world. Make sure you visit on a clear day, as both have breathtaking views across the city.

The seaside neighbourhoods of Ipanema and Leblon are amongst the wealthiest in Rio, home to some of Brazil's famous musicians and celebrities, and are dotted with bookshops, cafés and up-market restaurants.

The Lagoa Rodrigo de Freitas (the lagoon) and the Botanical Gardens are ideal for a stroll.

The sport centres of Flamengo Park, Lagoa Rodrigo de Freitas and Marina da Glória will host competitions in this zone. During the Olympic Games, aquatic sports, athletics (race walk), beach volleyball, canoe/kayak sprint, road cycling, rowing, sailing and triathlon competitions will be held in these venues. For the Paralympic Games, they will host athletics (marathon), paracanoe, road para-cycling, paratriathlon, rowing and sailing.

*See the **Rio 2016 Venue Zones** section at the end of this chapter for a list of all Rio 2016 venues and sports.*

### Things to do

The best way to get to Sugarloaf Mountain is to take the cable car (or 'bondinho'). For more information, go to: [www.bondinho.com.br/en](http://www.bondinho.com.br/en). The surrounding streets of Urca are shady and lined with quaint houses, situated on Guanabara Bay. Praia Vermelha, to the south, has a wonderful view, and a scenic two kilometre walking trail called Pista Cláudio Coutinho starts from here. The 'Duck Copacabana' boat trip ([www.ducktourbrasil.com.br](http://www.ducktourbrasil.com.br)) is a great way to appreciate the views of Guanabara Bay. Leaving



Flamengo Park

from Urca in front of the entrance to the Sugarloaf cable car, it takes around 1½ hours and costs R\$100.



Christ the Redeemer

To reach **Christ the Redeemer**, there is a small train which you can take up the Corcovado hill (see [www.corcovado.com.br/ingles/index.html](http://www.corcovado.com.br/ingles/index.html)).

To get a feel for Rio's beach culture, have a wander along the black-and-white patterned streets of Copacabana, Ipanema and Leblon and spend some time relaxing at the beach. Leblon has more of a family vibe, whilst Ipanema attracts a younger crowd. Copacabana, while popular with tourists, has become more run-down over the years and the city is attempting to regenerate it. Visit **Fort Copacabana** ([www.fortedecopacabana.com](http://www.fortedecopacabana.com)) and watch the sunset from Arpoador.

The non-profit organisation **Adapt Surf** runs a surf programme for people with disabilities in Leblon (beach post 11) and Barra da Tijuca (beach post 2). For more information, go to: [www.adaptsurf.org.br](http://www.adaptsurf.org.br).

Take a stroll, jog or cycle around Lagoa Rodrigo de Freitas, where the rowing and canoe events for the Olympic and Paralympic Games will be held. Surrounded by imposing mountains and with a view of the Christ statue, there are numerous cafes and 'quiosques' or open-air bars/restaurants around the lagoon which are perfect places to stop and enjoy the view, day or night.



Parque Lage

With palm-tree-lined pathways, a small lake and over 8,000 different plant species, the **Botanical Gardens** ([www.jbrj.gov.br](http://www.jbrj.gov.br)) provide a refreshing break from the busy city. **Parque Lage** ([www.eavparquelage.rj.gov.br](http://www.eavparquelage.rj.gov.br)), about one kilometre from the Botanical Gardens, features English-style gardens, trails, small lakes and a mansion with a cafe which hosts free exhibitions.

**Botafogo** is a largely middle-class residential area, home to some interesting museums. **Casa Daros** ([www.casadaros.net](http://www.casadaros.net)) is an excellent space dedicated to Latin American art, education and culture. In Flamengo, the **Modern Art Museum** (MAM, [www.mamrio.org.br](http://www.mamrio.org.br)) houses works of art by Brazilian artists Bruno Giorgi, Di Cavalcanti and Maria Martins.

#### Where to eat and drink

For breakfast with a view, try the traditional **Confeiteira Colombo** at Fort Copacabana ([www.confeitariacolombo.com.br/site/cafe-do-forte](http://www.confeitariacolombo.com.br/site/cafe-do-forte)). Be aware that you will need to pay around

R\$6 to enter the fort in order to get to the restaurant and queues can be long, especially at weekends.

For lunch, you can choose from a whole host of healthy and tasty juice and salad bars. Try **Balada Mix** ([baladamixrestaurante.com.br](http://baladamixrestaurante.com.br)) either in Ipanema or Leblon or **Santa Satisfação** ([www.santasatisfacao.com](http://www.santasatisfacao.com)) in Copacabana and Leblon. For cheaper options, **BIBI Sucos** ([bibisucos.com.br/site/v4/category/lojas](http://bibisucos.com.br/site/v4/category/lojas)) or **Polis Sucos** have numerous branches across Rio.

**Yogoberry** ([www.yogoberry.com.br](http://www.yogoberry.com.br)) in Leblon and Copacabana serves low-fat frozen yoghurt with a variety of fresh exotic fruits and toppings. **Cafeína** ([www.cafeina.com.br](http://www.cafeina.com.br)) in Leblon, Ipanema and Copacabana is good for an afternoon coffee and cake.



Casa da Feijoada

For typical Brazilian food, try **Casa da Feijoada** (Prudente de Moraes, Ipanema), where you can eat a traditional black bean and pork stew with farofa (manioc flour) and rice. If you're feeling hungry, **Porcão** ([www.porcaos.com.br/churrascaria/unidades/porcaos-ipanema](http://www.porcaos.com.br/churrascaria/unidades/porcaos-ipanema)) is a proper Brazilian 'churrascaria' serving endless amounts of barbecued meat with an all-you-can-eat buffet. **Fogo de Chão** ([www.fogodechao.com.br](http://www.fogodechao.com.br)) is equally delicious with a phenomenal view over Guanabara Bay.

If you're looking for great pizza, try **Capricciosa** ([www.capricciosa.com.br](http://www.capricciosa.com.br)), with branches in Leblon, Ipanema and Barra.

**Alvaro's Bar** ([www.alvaros.com.br/quem\\_somos.html](http://www.alvaros.com.br/quem_somos.html)) in Leblon is a classic Portuguese restaurant.

**Zazá Bistrô** ([www.zazabistro.com.br/zazabistrotropical](http://www.zazabistro.com.br/zazabistrotropical)) in Ipanema is a beautiful restaurant with fantastic exotic food and wonderful fruity cocktail combinations. For high-end (but pricey!) Japanese food, try **Sushi Leblon** ([www.sushileblon.com](http://www.sushileblon.com)).

Around the lagoon you'll find great restaurants and bars with superb views, including **Restaurante Arab** ([www.restaurante-arab.com.br](http://www.restaurante-arab.com.br)). **Lagoon** ([lagoon.com.br](http://lagoon.com.br)), is a complex with a choice of restaurants overlooking the lagoon as well as a cinema and bar.

**Bar Urca** ([www.barurca.com.br](http://www.barurca.com.br)) is a wonderful place to have lunch or drinks after sightseeing at Sugarloaf Mountain. With huge portions of fresh seafood and ice-cold beer, many locals sit or stand outside to admire the view.

A number of quirky and original cafes and restaurants can be found in Jardim Botânico. **La Bicyclette** ([www.labicyclette.com.br](http://www.labicyclette.com.br)), is a cute café next to the Botanical Gardens serving wonderful bread and pastries. **Bráz Pizzeria** ([www.brazpizzaria.com.br/delivery/jardim-botanico](http://www.brazpizzaria.com.br/delivery/jardim-botanico)) is a chic, traditional pizzeria, highly recommended.

**Mr. Lam** ([www.mrlam.com.br](http://www.mrlam.com.br)) is well-known for its fantastic Chinese food. **Azumi** ([www.restaurantesjaponeses.com.br/azumi](http://www.restaurantesjaponeses.com.br/azumi)) in Copacabana serves traditional Japanese food.



Academia da Cachaça

### Nightlife

**Leblon** and **Ipanema** are excellent places to eat and drink day or night. The streets of Conde Bernadotte and Dias Ferreira are buzzing at weekends. More traditional bars include **Jobi** (Avenida Ataulfo de Paiva 1166, Leblon), **Academia da Cachaça** ([www.academiadacachaca.com.br](http://www.academiadacachaca.com.br)) and **Belmonte** ([www.botecobelmonte.com.br](http://www.botecobelmonte.com.br)). It is claimed that the famous song ‘The Girl from Ipanema’ was penned at **Bar Veloso** ([www.barveloso.com.br](http://www.barveloso.com.br)). **Devassa** ([www.devassa.com.br](http://www.devassa.com.br)) is the best place to go for beer, serving several different types, including its own brews.

Bars with superb views include **Bar 706** on the 16th floor of the Praia Ipanema hotel ([www.espaco7zero6.com.br](http://www.espaco7zero6.com.br)), and **Bar d’Hôtel** at the Hotel Marina All Suites ([www.marinaallsuites.com.br/allsuites](http://www.marinaallsuites.com.br/allsuites)). **Bar Astor** ([www.barastor.com.br](http://www.barastor.com.br)) is an art deco bar with an array of fruity cocktails. Trendy bar **Palaphita** ([palaphitakitch.com.br/site\\_lagoa](http://palaphitakitch.com.br/site_lagoa)) has a stunning view over the lagoon. **Bar 00** ([00riodejaneiro.com.br/riodejaneiro.html](http://00riodejaneiro.com.br/riodejaneiro.html)) in Gávea is a chic restaurant and lounge with good DJs and parties at night. **Casa da Matriz** (Rua Henrique de Novaes 107, Botafogo), housed in an old two-story mansion offers parties and occasional events and a range of music styles, attracting a younger crowd.

## NORTHERN ZONE (ZONA NORTE): JOÃO HAVELANGE OLYMPIC STADIUM\*, MARACANÃ\*, MARACANÃZINHO\*, SAMBÓDROMO\*

### \*Rio 2016 venues

### Sights

The Northern Zone is home to the world-famous **Maracanã Football Stadium**, the **João Havelange Olympic Stadium**, built for the Rio 2007 Pan American and Parapan American Games, and the **Sambódromo**, where the annual flamboyant

carnival parade featuring the best samba schools of Rio takes place. The lively street market of **São Cristóvão**, as well as the **Quinta da Boa Vista park** can also be found here.



Maracanã Stadium

The **Maracanã Stadium** will host the opening and closing ceremonies of the Olympic and Paralympic Games, as well as some Olympic football matches. The **Maracanãzinho Gymnasium** will host the volleyball competitions.

The athletics (marathon) and archery competitions will take place in the **Sambódromo**.

The **João Havelange Stadium** will be home to athletics (track and field). The Maracanã Zone will also host archery and athletics (track and field) competitions during the Paralympic Games.

*See the **Rio 2016 Venue Zones** section at the end of this chapter for a list of all Rio 2016 venues and sports.*

### Things to do

Watch a match at the legendary **Maracanã Football Stadium**. Games take place most of the year round and generally take place on Saturday or Sunday, or on Wednesday and Thursday. Tickets can be bought via the website ([www.maracana.com](http://www.maracana.com)), where you can also find information about tours of the stadium. The **Football Museum** ([www.riodejaneiroaqui.com/portugues/museu\\_futebol.html](http://www.riodejaneiroaqui.com/portugues/museu_futebol.html)) can also be found inside the Maracanã.

**Quinta da Boa Vista** was the residence of the Portuguese royal family until Brazil became a republic. Today, it is a large park containing the national museum - **Museu Nacional** ([www.museunacional.ufrj.br](http://www.museunacional.ufrj.br)) and the **Jardim Zoológico** (zoo).

Take a walk through the Atlantic rainforest and visit the **Parque Nacional da Tijuca** ([parquedatijuca.com.br](http://parquedatijuca.com.br)), with its wonderful greenery, trails and waterfalls. You can reach the forest in 15 minutes from Copacabana. There have been some recent incidents of thefts on some of the trails, therefore it is recommended to go at the weekends when there are more people, and with a guide.

### Where to eat and drink

**Fiorino** ([ristorantefiorino.com.br](http://ristorantefiorino.com.br)) in Tijuca serves wood-fired pizza and fresh pasta and has a pretty outdoor terrace.

**Aconchego Carioca** (Rua Barão de Iguatemi, 379, Tijuca) is reasonably-priced and serves good Brazilian food, including cachaça pudding, made with tapioca, cachaça and coconut milk. **Otto** ([www.otto.com.br](http://www.otto.com.br)) also in Tijuca, serves grilled meats and German specialities, whilst also hosting numerous music events.

**Petisco da Vila** ([www.petiscodavila.com.br](http://www.petiscodavila.com.br)) is a traditional restaurant in Vila Isabel. Along the same road (28 de Setembro) **Capelinha** ([www.restaurantecapelinha.com.br/novidades.htm](http://www.restaurantecapelinha.com.br/novidades.htm)) serves great Italian food and the traditional ‘chopp’ (pronounced ‘choppee’) ice-cold draft beer. **Siri** (Rua dos Artistas 2), also in Vila Isabel, serves good seafood.

**Adegão Português** ([www.adegaoportugues.com.br](http://www.adegaoportugues.com.br)) in São Cristóvão serves traditional Portuguese food. **Chapéu de Couro** ([www.restaurantechapeudecouro.com.br](http://www.restaurantechapeudecouro.com.br)) serves Bahian dishes.

**ADDITIONAL INFORMATION**

Visit the following links for more information about Brazil and Rio de Janeiro:

- [www.rioguiaoficial.com.br](http://www.rioguiaoficial.com.br)
- [www.lonelyplanet.com/brazil/rio-de-janeiro/sights](http://www.lonelyplanet.com/brazil/rio-de-janeiro/sights)
- [www.braziltour360.com/pt/index.html](http://www.braziltour360.com/pt/index.html)



# 4 | Rio 2016 competition venues

**WESTERN ZONE (ZONA OESTE): BARRA AND DEODORO**

Rio Olympic Park

Venue	Olympic Events	Paralympic Events
Olympic Hall 1	Basketball	Wheelchair basketball, Wheelchair rugby
Olympic Hall 2	Judo, wrestling	Boccia, judo
Olympic Hall 3	Fencing, taekwondo	Sitting volleyball
Olympic Hall 4	Handball	Goalball
Olympic Aquatics Stadium	Swimming, water polo (finals)	Swimming
Olympic Tennis Centre	Tennis	Football 5-a-side, Wheelchair tennis
Rio Olympic Velodrome	Track cycling	Para-cycling track
Maria Lenk Aquatic Centre	Diving, synchronised swimming	-
Rio Olympic Arena	Gymnastics (all disciplines)	Wheelchair basketball

Riocentro

Venue	Olympic Events	Paralympic Events
Pavilion 2	Weightlifting	Powerlifting
Pavilion 3	Table tennis	Table tennis
Pavilion 4	Badminton	-
Pavilion 6	Boxing	-

Deodoro

Venue	Olympic Events	Paralympic Events
National Equestrian Centre	Eventing, dressage, jumping	Equestrian
National Shooting Centre	Shooting	Shooting
Olympic Hockey Centre	Hockey	-
Deodoro Arena	Basketball (women's prelims) Modern pentathlon (fencing)	Wheelchair fencing
Rugby and Modern Pentathlon Arena	Modern pentathlon (riding and combined), rugby	Football 7-a-side

Deodoro X Park

Venue	Olympic Events	Paralympic Events
Olympic Mountain Bike Park	Mountain bike cycling	-
Olympic Whitewater Stadium	Canoe slalom	-
Olympic BMX Centre	BMX cycling	-

SOUTHERN ZONE (ZONA SUL): COPACABANA, LAGOA

Venue	Olympic Events	Paralympic Events
Lagoa Rodrigo de Freitas	Rowing and canoe sprint	Paracanoe, rowing
Copacabana Stadium	Beach volleyball	-
Fort Copacabana	Marathon swimming, road cycling (time trial), triathlon	Paratriathlon
Marina da Glória	Sailing	Sailing
Flamengo Park	Race walk, road cycling	Marathon, para-cycling road

NORTHERN ZONE (ZONA NORTE): JOÃO HAVELANGE OLYMPIC STADIUM, MARACANÃ, MARACANAZINHO, SAMBÓDROMO

Venue	Olympic Events	Paralympic Events
João Havelange Olympic Stadium	Athletics	Athletics
Julio De Lamare Stadium	Water polo	-
Maracanã Stadium	Football (finals), opening and closing ceremonies	Opening and closing ceremonies
Maracanãzinho Arena	Volleyball	-
Sambódromo	Archery, marathon (finish)	Archery



# 5 | Olympic football co-host cities

The Olympic football competition will take place in five cities across Brazil: Rio de Janeiro, São Paulo, Belo Horizonte, Salvador and Brasília.



## SÃO PAULO

At first glance, São Paulo may seem like a concrete jungle, however it is a city bursting with culture, prize-winning restaurants and great shopping. As Brazil's largest city and the largest city in the southern hemisphere, São Paulo (or 'Sampa' as it is known by locals) has one of the world's fastest-growing metropolitan populations. The city is located in southeast Brazil and owes its early development to the expansion of coffee production in the 19th century. It is around one hour by plane from Rio de Janeiro and around five hours by bus.

### Activities

São Paulo may not have the beach, however it is home to some of the best museums in Brazil. The **MASP** museum (Cerqueira César, [masp.art.br](http://masp.art.br)) contains a collection of paintings from Rembrandt, Van Gogh, Monet, Renoir and Picasso, as well as sculptures by Rodin and Degas. The **Pinacoteca do Estado** (Luz, [www.pinacoteca.org.br](http://www.pinacoteca.org.br)) exhibits over 9,000 works of art, with a focus on contemporary art and Brazilian pieces from the 19th century. The **Museu do Futebol** (Pacaembu, [museudofutebol.org.br](http://museudofutebol.org.br)), or

'Football Museum', tells the story of the Brazilian people through football and provides an interactive experience through the use of technology. **Catavento** (Centro, [cataventocultural.org.br](http://cataventocultural.org.br)) is a huge science museum with a host of audiovisual resources. With its gardens, trails and 160 species of different animals, **Parque do Ibirapuera** ([www.parqueibirapuera.org](http://www.parqueibirapuera.org)) is the perfect getaway from bustling city life.

### Restaurants, bars and nightlife

São Paulo has a whole range of top-notch eateries catering to all tastes. For Italian food, **Tal da Pizza** (Itaim Bibi, [ataldapizza.com.br](http://ataldapizza.com.br)) does great (you guessed it!) pizza, and **I Vitelloni** (Pinheiros, [www.ivitelloni.com.br](http://www.ivitelloni.com.br)) uses home-made ingredients. **D.O.M.** (Jardins, [domrestaurante.com.br](http://domrestaurante.com.br)) is the sixth best restaurant in the world according to British magazine 'Restaurant' and serves daring dishes made with Brazilian ingredients. **Maní** ([manimanioca.com.br/index.html](http://manimanioca.com.br/index.html)) also uses regional ingredients. **Jun Sakamoto** (Pinheiros) is good for sushi, and **Mocotó** (Vila Medeiros, [mocoto.com.br](http://mocoto.com.br)) is a restaurant serving cachaça, Brazil's national liquor.

São Paulo is a non-stop city, with a buzzing nightlife. You will find most bars and restaurants open during the week until after midnight, and from Thursday night onwards, some areas including Rua Augusta, Vila Olimpia and Vila Madalena are packed with revellers. The town centre and Barra Funda provide more alternative nightlife, with rock, indie and grunge music.

### São Paulo stadium

**Gross seating capacity:** approx. 45,000



## BELO HORIZONTE

Capital of the state of Minas Gerais, Belo Horizonte is a charming city with streets lined with palm trees, quaint cafés and buildings designed by Brazilian architect Oscar Niemeyer. Belo Horizonte is around an hour's flight or seven hours by bus north of Rio.

### Activities

The **São Francisco de Assis church**, one of Niemeyer's finest creations, has a beautiful blue-and-white tiled façade which looks out over the lake. Also worth a visit are the newly-opened **Centro Cultural Banco do Brasil** ([culturabancodobrasil.com.br/portal/belo-horizonte](http://culturabancodobrasil.com.br/portal/belo-horizonte)) and the **Memorial de Minas Gerais** museum displaying local works of art ([www.memorialvale.com.br/site](http://www.memorialvale.com.br/site)).

### Restaurants, bars and nightlife

You'll find great restaurants in the city. Try **Xapuri** (Pampulha, [www.restaurantexapuri.com.br](http://www.restaurantexapuri.com.br)) for traditional regional food in a beautiful natural setting. For Italian food, go to **Vecchio Sogno** ([www.vecchiosogno.com.br](http://www.vecchiosogno.com.br)). For good contemporary dishes, try **Hermengarda** ([www.hermengarda.com.br](http://www.hermengarda.com.br)).

For bars with outdoor terraces, cachaça and good snacks, try **Via Cristina** ([viacristina.com.br](http://viacristina.com.br)). Other good bars include **Casa Cheia** ('full house') inside the **Central Market**, or the colourful **Bar Temático** ([bartematico.com.br](http://bartematico.com.br)).

### Belo Horizonte: Mineirão Stadium

**Gross seating capacity:** approx. 64,000

Built in 1965, Mineirão Stadium was fully refurbished for the 2013 FIFA Confederations Cup and the 2014 FIFA World Cup. The stadium is adjacent to Pampulha Lake and surrounded by monuments conceived by Oscar Niemeyer.



### SALVADOR

As Brazil's original capital, Salvador is rich in culture, music and history and its white sandy beaches and stunning coastline make it a major international tourist destination. The city is located in the northeastern state of Bahia. Salvador is around two hours from Rio by plane.

### Activities

**Pelourinho**, the old part of the city, has charming cobbled streets and colonial buildings. The baroque-style **convent and church of São Francisco** is stunning. Moving on to the **Cidade Baixa** area of the city, the **Mercado Modelo** ([www.mercadomodelobahia.com.br](http://www.mercadomodelobahia.com.br)) has a whole host of shops selling colourful clothes and crafts. Also in this area, the **Museum of Modern Art** (MAM) ([bahiamam.org](http://bahiamam.org)) exhibits contemporary work by local artists. The **São Joaquim market** gives a real taste of Bahian culture, where you can find regional foods and colourful local fruit and vegetables. Last but not least, at the **Senhor do Bonfim church** you can find the famous 'fitas de bonfim' or colourful charm bracelets which should be tied around your wrist or to the church gate. They should be tied around twice and knotted three times, each knot symbolising a wish. It is believed that when the bracelet comes undone, the wishes will be granted.

### Restaurants, bars and nightlife

Salvador is an excellent place to try delicious Bahian food.



You can find traditional dishes for example at **Paraíso Tropical** ([restauranteparaistropical.com.br](http://restauranteparaistropical.com.br)), whilst **Mar na Boca** ([www.marnaboca.com.br](http://www.marnaboca.com.br)) and **Amado** ([www.amadobahia.com.br](http://www.amadobahia.com.br)) serve great seafood, the latter also having a bar and great views.

### Salvador: Fonte Nova Stadium

**Gross seating capacity:** approx. 52,000

Originally constructed in 1951, the venue was completely refurbished for the 2013 FIFA Confederations Cup and 2014 FIFA World Cup.

### BRASÍLIA

A truly unique modern city, Brasília was built practically from scratch over a period of about three years, when it replaced Rio de Janeiro as Brazil's capital in 1960, under the leadership of President Juscelino Kubitschek. Brazil's federal government is now based in the city, which was constructed in the shape of an airplane, with wide, carefully planned boulevards and modern architecture. Brasília is listed as a world heritage site, featuring over 100 buildings designed by Oscar Niemeyer. Due to its size and structure and limited public transport system, it can be difficult to get around without a car. It is located approximately 1½ hours by plane from Rio.

### Activities

The **Metropolitan Cathedral** ([catedral.org.br](http://catedral.org.br)) is a stunning modern work of art designed by Neimeyer, whilst the **Memorial JK** ([www.memorialjk.com.br](http://www.memorialjk.com.br)) features President Kubitschek's tomb, as well as exhibits on the construction of Brasília. Interesting government buildings to see include the **Palácio do Itamaraty** ([www.itamaraty.gov.br](http://www.itamaraty.gov.br)) and the **Congresso Nacional** ([www2.congressonacional.leg.br/visite](http://www2.congressonacional.leg.br/visite)). Entry to both is free.

### Restaurants and bars

Brasília has a range of excellent restaurants to offer. **Ares do Brasil** (Lago Sul) serves Brazilian contemporary food, whilst restaurant **Corrientes 348** ([www.restaurante348.com.br](http://www.restaurante348.com.br)) serves hearty Brazilian dishes. **Bottarga** ([www.espacomariateresa.com.br/index.php](http://www.espacomariateresa.com.br/index.php)) is a bar, restaurant and café serving a variety of dishes. Cheaper food options can be found in shopping mall food courts, for example **Brasília Shopping** ([www.brasiliashopping.com.br](http://www.brasiliashopping.com.br)).

**Chiquita Bacana** ([www.chiquitabacanachoperia.com.br](http://www.chiquitabacanachoperia.com.br)) is a young, contemporary bar with an early evening happy hour and drink special. **Gate's Pub** ([www.gatespub.com.br](http://www.gatespub.com.br)) is a popular place to go for music and dancing.

**Brasília: Mané Garrincha National Stadium**  
**Gross seating capacity:** approx. 68,000  
Originally built in 1974, the Brasília National Stadium was refurbished for the FIFA Confederations Cup in 2013 and the 2014 FIFA World Cup.

- 1. SÃO PAULO  
TBD
- 2. BELO HORIZONTE  
Mineirão Stadium
- 3. SALVADOR  
Fonte Nova Stadium
- 4. BRASÍLIA  
Brasília National Stadium



# 6 | Portuguese - useful words and phrases

Greetings	
Good morning	Bom dia (bom jia)
Good afternoon	Boa tarde (boa tar-ji)
Good evening and good night	Boa noite (boa noy-che)
Goodbye and until we meet again	Até já
How's it going?	Tudo bem?
Farewell/bye	Adeus/tchau
Hi/hey!	Oi!
What is your name?	Qual o seu nome?
My name is ...	Meu nome é ...
This is my friend/boyfriend/husband	Este é meu amigo/namorado/marido
This is my friend/girlfriend/wife	Este é minha amiga/namorada/mulher
Pleased to meet you	Muito prazer
Do you speak English?	Fala inglês? (Fala ingley-sh)
Please	Por favor
Do you understand?	Entendeu?

Useful phrases

I don't understand	Não entendo
Thank you	Obrigado
Excuse me	Desculpe (desh-culpe)/ Licença
When?	Quando?
At what time?	A que horas?
You're welcome	De nada
No problem	Não tem problema/Não faz mal
Excuse me	Desculpe ( <i>desh-culpe</i> )/Licença
When?	Quando?
At what time?	A que horas?
You're welcome	De nada

Numbers

0	zero
1	um/uma
2	dois/duas
3	três
4	quatro
5	cinco
6	seis
7	sete
8	oito
9	nove
10	dez
11	onze
12	doze
13	treze
14	quatorze
15	quinze
16	dezesseis
17	dezessete
18	dezoito
19	dezenove
21	vinte e um/uma
22	vinte e dois/duas
23	vinte e três

Numbers

30	trinta
40	quarenta
50	cinquenta
60	sessenta
70	setenta
80	oitenta
90	noventa
100	cem
200	duzentos/duzentas
300	trezentos/trezentas
1,000	mil
2,000	dois mil/duas mil
1,000,000	um milhão
1,000,000,000	um bilhão

Asking for directions

Where is the bus station?	Onde fica a rodoviária?
Where is the bus stop?	Onde fica o ponto de ônibus?
Where is the taxi stand?	Onde fica o ponto de taxi?
Where is the subway station?	Onde fica a estação do metro?
Where is the airport?	Onde fica o aeroporto?
A roundtrip/return ticket to...	Uma passagem de ida e volta para...
What time does the bus/ plane leave?	Que horas sai o ônibus/avião?
How long will the trip take?	Quantas horas são de viagem?
Map	Mapa
Petrol station	Posto de gasolina
Transport	Transporte
Car	Carro
Train	Trem
Boat	Barco
Taxi	Taxi
Bus	Ônibus
Plane	Avião
Stop	Parar
Ticket	Bilhete/Passagem
Car rental	Locadora
Hospital	Hospital

**Places**

Airport	Aeroporto
Beach	Praia
Train station	Estação de trem
Bus station	Estação de ônibus/Rodoviária
Tourism office	Posto turístico
Post office	Correios
Police station	Delegacia de policia
Embassy	Embaixada
Ticket office	Bilheteria
Pharmacy	Farmácia
Bank	Banco
Doctor	Médico

**Shopping**

Money	Dinheiro
Coins	Moedas
Receipt	Recibo
Expensive	Caro
Cheap	Barato
How much is this?	Quanto custa isto? <i>(Quanto cush-ta eestoo?)</i>
Where can I buy?	Onde posso comprar?
How many?	Quantos?
I don't have small change	Eu não tenho troco
Can I pay with credit card?	Posso pagar com cartão de crédito?
To buy	Comprar
To sell	Vender
Store/shop	Loja
Restrooms/toilets	Banheiro
Open	Aberto
Closed	Fechado
Change	Troco

**Eating out**

I have a reservation for five people	Fiz uma reserva para cinco pessoas
I would like a table by the window	Gostaria de uma mesa ao lado de janela
I want/would like...	Quero/Eu gostaria...
Waiter, one more coke, please	Garçom, mais uma coca, por favor
Waiter, the bill please	Garçom, a conta, por favor
What is the dish of the day?	Qual é o prato do dia?
What do you recommend?	O que o senhor recomenda?
I want my steak well-done	Quero meu bife bem passado
I want my steak medium	Quero meu bife ao ponto
I want my steak rare	Quero meu bife mal passado
I am going to order a salad	Vou pedir uma salada
Can you bring me more bread please?	O senhor pode me trazer mais pão?
Beer	Cerveja
Wine	Vinho
Juice	Suco
Water (sparkling <u>or</u> still)	Água (com gás <u>ou</u> sem gás)
Table	Mesa
Chair	Cadeira

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