

Belo Horizonte, Brazil Academic Program Fall/Academic Year 2017-2018 - IAP Program Handbook

The Belo Horizonte, Brazil Academic Program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison as an exchange program in conjunction with Universidade Federal Minas Gerais (UFMG). This IAP Program Handbook supplements handbook(s) or materials you receive from UFMG as well as the IAP Study Abroad Handbook and provides you with the most up-to-date information and advice available at the time of printing. Changes may occur before your departure or while you are abroad.

Questions about your program abroad (housing options, facilities abroad, etc.) as well as questions relating to your relationship with your host university or academics (e.g. course credit and equivalents, registration deadlines, etc.) should be directed to International Academic Programs at UW-Madison.

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Contact Information

On-Site Program Information

International Exchange Department
Diretoria de Relações Internacionais (DRI)
Universidade Federal de Minas Gerais
Reitoria, 1º andar
Campus Pampulha da UFMG
Avenida Antônio Carlos, 6627
CEP: 31 270 901
Belo Horizonte - Minas Gerais – Brasil
Phone: (55 31) 3409-4591
Fax: (55 31) 3409-4586
ccpi@dri.ufmg.br

Equipe Benvindo.
Housing Contact Office
Facebook: Benvindo UFMG
(31) 3409-4401
programabenvindo@gmail.com

UW-Madison Information

International Academic Programs (IAP)
University of Wisconsin-Madison
106 Red Gym, 716 Langdon Street
Madison, WI 53706
Phone: 608-265-6329 Fax: 608-262-6998
Web: www.studyabroad.wisc.edu

Erin Polnaszek Boyd

Study Abroad Advisor
Phone: (608)-265-6329
E-mail: eepolnaszek@studyabroad.wisc.edu

Emergency Contact Information

In case of an emergency, call the main IAP number **(608) 265-6329** between 8:00 a.m.-4:30 p.m. Monday-Friday; after-hours or on weekends call the IAP staff on call at **(608) 516-9440**.

Embassy Registration

All program participants who are U.S. citizens must register at the U.S. Embassy before departure as this will help in case of a lost passport or other mishap. You can register on-line at <https://travelregistration.state.gov>. If you are not a U.S. citizen, register at your home country's embassy or consulate.

The closest U.S. Consulate is in Rio, although you can register with the Federal Police in Belo Horizonte. You will receive information from the DRI at the orientation on arrival about the procedures.

US Consulate General
Avenida Presidente Wilson, 147
Castelo
20030-020 Rio de Janeiro, RJ
Brazil
Phone: (55-21) 3823-2000
Fax: (55-21) 3823-2093

Preparation Before Leaving

Immigration Documents

Passport

A passport is needed to travel to Brazil and to obtain your student visa. Apply immediately for a passport if you do not already have one. Passport information and application forms can be found on the U.S. State Department website (<http://travel.state.gov/passport>). If you already have your passport, make sure it will be valid for at least 6 months beyond the length of your stay abroad.

Visa

You are required to obtain a student visa to enter Brazil. You must obtain your Brazilian visa in advanced from the Brazilian Embassy or consulate nearest to your place of residence in the US. There are no “airport visas” and immigration authorities will refuse entry into Brazil to anyone not possessing a valid visa. The US government, nor IAP, cannot assist you if you arrive in Brazil without proper documentation.

IAP will provide you with general instructions on how to apply using information from the Brazilian consulate in Chicago (<http://chicago.itamaraty.gov.br/en-us/>). It is recommended that you proceed with applying for your student visa as early as the process allows (i.e. completing whatever steps you can, even if you cannot complete others). Even if your permanent address is outside of Wisconsin, you can still apply to the consulate in Chicago since you are a degree seeking student at the University of Wisconsin Madison.

When applying for your visa and when registering with the Federal Police in Brazil, you must use your full names, as well as those of your parents. If you arrive in Brazil with your name abbreviated in the passport or the visa documents, you will need to obtain a document issued by the American Consulate in Brazil verifying your complete name.

Those going for a semester or year must apply for a student visa and should list the exchange coordinator and the UFMG International Office address as Contact in Brazil in the visa application form. This contact information is found in this handbook.

You cannot easily switch from a tourist to a student visa unless you go out of the country and come back in with a new visa.

Keep in mind that regardless of what type of visa you have, there are fines if your visa expires and you should apply for a renewal of the visa beginning two weeks or more prior to the expiration date. You will need to go to the local immigration police.

In addition to the photos required for the visa, you may also want to bring at least 2-3 passport size photos to Brazil with your name written on the back. These may be required for documents, etc. You can also have photos taken in Brazil after you arrive.

It is possible that you will need to appear in person at the consulate in Chicago. The visa requirements have been changing frequently for Brazil, so please make sure you check the consulate website before submitting your visa application.

After arrival to the program, you will need to follow the directions from the international office on how to register your visa with the federal police in order to successfully complete the visa process.

Handling Money Abroad

The name of the Brazilian currency is the Real. There is an Agencia Bancaria (bank) branch and ATM on the UFMG university campus.

The university bank exchanges foreign currency. You can exchange there instead of going to downtown Belo Horizonte. However, prior to departure, either at a major airport in the United States or through a local bank, please make sure you have at least \$150 dollars in Real for emergencies before you leave the United States. The currency exchange offices at the international airport may be closed upon arrival and you will need some cash during the weekend before the university classes start.

There are also ATM machines on campus in the International Office building where you can use your ATM/ debit card. The ATM accepts cards on the PLUS system.

If you run out of money and you need some money sent immediately to you, you can use Western Union or have money deposited in your account in the United States so you can withdraw it with your ATM card in Brazil.

To check the current exchange rate or to print out a traveler's cheat sheet, you can visit Oanda's website at: <http://www.oanda.com/currency/converter/>.

Packing

In reference to clothing style, Brazilians are all different. Some dress in nicer clothing and others dress in a more casual style. You will encounter people of all styles, comparable to the United States. For the most part, Brazilians dress more formally than we do in the United States.

The climate in Belo Horizonte is typically dry and warm in the summer and cold and rainy in the winter (June, July and August). Most buildings and houses in Belo Horizonte do not have indoor heating, which makes winters quite uncomfortable if you have not packed accordingly. During the Brazilian winter (June, July and August), you will need clothes that would be suitable for the colder, rainier fall weather in the Midwest; temperatures may fall below freezing. During the remaining months you will need lighter clothes like those you would wear in the late spring or summer at home. Good shoes are important, as you'll do a lot of walking. Bring sturdy, comfortable walking shoes, sandals (which can double as slippers), and running shoes if you jog.

Sturdy hiking clothes are advisable for travel outside of Belo Horizonte, especially if you travel off the beaten track. A down jacket, heavy jeans, and hiking boots will all be useful.

To look at historical temperatures in Brazil, you can search on this website:
<http://www.wunderground.com/>.

Books

Books written in or translated to the English language may be difficult to find in Brazil; however there are some bookstores that sell books in English. If you need to read books in English while abroad you might want to bring a few paperbacks with you to trade with friends. It is, however, a good idea to take this time to try to immerse yourself in the language thoroughly by reading only in Portuguese.

Gifts

You should plan on bringing several gifts appropriate for different ages and genders, especially if you are staying with a family. Most Brazilians appreciate things from the United States, such as T-shirts with American sayings. Anything identified with your university or hometown will be appreciated - a charm or key ring with the university seal or a small stuffed animal. Other suggestions include colorful stationery or postcards (perhaps with scenes of the United States), CDs with the latest American music. While these are good suggestions, they are likely to enjoy any gift that you personally choose.

Electronics

The standard is the same in Belo Horizonte as in the United States but it is not the same all over the country. Some cities may require a converter. You can ask a local electronic store such as Radio Shack or Best Buy for assistance in purchasing the right converter and adapter before leaving the US.

Travel and Arrival Information

Travel Plans

You are responsible for making your own flight arrangements. Make sure to send your travel information to UFMG via email as well as to upload your flight itinerary into Your My Study Abroad account. All international students are expected to arrive in time for the first day of orientation. The dates of the orientation will be available in your My Study Abroad account once announced and will also be included in the information sent to you directly from UFMG.

The semester students have two options of transportation from the Belo Horizonte airport:

- a) Take the executive bus, which can be picked up just outside the airport. This bus goes from the airport to downtown Belo Horizonte. From there, you take a taxi to your final destination.
- b) Take a taxi from the airport to your final destination.

Arrival Information

US Citizens and other foreign travelers must fill out a small immigration form on arrival that will be stamped and handed back by immigration officials at the airport. It is important to retain this form to hand back to immigration officials upon exit from the country.

The Academic Program

Universidade Federal de Minas Gerais (UFMG)

Founded in 1927, the Universidade Federal de Minas Gerais (UFMG) is noted nationally and internally for its excellence, on account both of its academic and scientific work and of the professional training it provides in a huge range of subjects. It is recognized as one of the most important universities in Brazil, with outstanding performance in teaching, research, and outreach.

In Belo Horizonte, the capital of the State of Minas Gerais, UFMG is situated on the following sites: the Pampulha Campus, which comprises most of its activities, the Health Campus, comprising the Medical Faculty, the Nursing School and the University hospital buildings; and the city center sites of the Faculty of Law and School of Architecture. The Montes Claros Campus comprises the Institute of Agricultural Science in the city of Montes Claros, in the north of Minas Gerais.

The *Diretoria de Relações Internacionais da Universidade Federal de Minas Gerais / DRI/UFMG* (International Relations Directorate) is the body that facilitates international academic and scientific relations and which identifies, implements and monitors inter-university projects and agreements. Its mission is to strengthen UFMG's international profile through interaction with foreign institutions and bringing a cosmopolitan aspect to its academic activities.

Be aware that life in Brazil is much less organized and things will take much longer than what you may be used to in the United States. Please be prepared for this!

Foreign Students Week (Orientation)

Before classes begin, the international office at UFMG will host a Foreign Students week for all international students studying at UFMG. This week is for international exchange students and is intended to help you settle into the new social, cultural and academic environment. During this week you will get to know the University, its academic system and various faculties/departments. You will also take part in cultural activities and get to know students from UFMG and other foreign institutions.

General Overview of Academics

The academic year in Brazil follows a different calendar from that of the University of Wisconsin-Madison. A semester at UFMG consists of approximately 15 weeks of classes, with the first

semester beginning in February and continuing through June, and the second semester beginning in mid-August and ending in mid-December. January is traditionally the month for summer vacation. There are no classes during this time and many families vacation outside of the city. The program begins with an orientation session prior to the beginning of the semester, which helps students in acclimating to life in Belo Horizonte. Students will enroll in regular classes at UFMG and take regular classes with Brazilian students.

You also have the option of enrolling in the for credit pre-semester Intensive Portuguese language course. This course is offered 4 weeks before the start of the regular semester and is optional for any student wanting to arrive and study the language intensively before beginning regular classes. You will also have the option to take a Portuguese for Foreigners course during the regular semester. The DRI will email information directly to you about the pre-semester course. If you want to participate, please complete the online form sent by the DRI and notify IAP of your decision to participate.

Course Information

Courses

You can choose from a wide variety of courses offered at UFMG. Courses are available in Art, Geography, History, Literature, Philosophy, Political Science, Sociology, and many other disciplines. A representative course listing is available on the web at the address listed below.

UFMG courses have different formats such as lectures, discussions, seminars, written, and oral exams. The evaluation can be by means of a test, a paper or oral presentation, can be individual or in a group.

To choose courses, students can consult the information on the following website: www.ufmg.br:

- On the tabs at the top of the screen click on the word "cursos"
- Still on the left, click on the area of interest (the undergraduate areas are on the first square, the graduation on the second square)
- Once in the area of interest, click on "Graduação" (undergraduate). "Pos-Graduação" are graduate level courses UW students are not eligible to take graduate level courses, as only graduate students may do so.
- Under each course description, click on "+ informação" (+ information); click on "Graduação", and look for the courses.

*you can also look at the sites www.ufmg.br/prograd and www.ufmg.br/prpg

Courses in Professional Schools

UW students are unlikely to receive degree credit for professional schools courses, such as Law and Architecture. We therefore discourage UW students from taking classes in the professional schools at UFMG.

PHYSICAL ACTIVITY OR SPORT COURSES

Some universities outside of the U.S. may offer physical activity or sport courses for credit (e.g. Badminton, Soccer, Diving, Yoga). These types of physical activity classes are not taught at UW;

therefore, you will not receive UW credit for these types of courses, nor will they appear on your UW transcript. Additionally, physical activity or sport course credits will not be included in your credit load calculations.

Registration

IAP will register you for a special “Study Abroad Course” for the term(s) you will be studying abroad; therefore, it is not necessary for you to register on the UW-Madison campus. This is a temporary registration, which will be converted into graded UW-Madison credit after the completion of your program.

At UFMG, International students will begin the registration process upon arrival to the program. The DRI will discuss the process and provide information on how to select your courses.

During the orientation week on campus, you will meet professors from the various departments from which you are interested in taking classes. They will take into consideration the level of difficulty, Portuguese level and the classes you have already taken in the past. If applicable, professors may make alternate course suggestions at this time.

Take a copy of your UW-Madison transcript (and any other college or university transcripts) with you.

Equivalents and Course Equivalent Request (CER)

Each course you take abroad must be assigned a UW-Madison “equivalent” course in order for your grades and credits to be recorded on your UW-Madison transcript. In order to establish UW-Madison course equivalents for your study abroad courses, you will submit Course Equivalent Requests through your My Study Abroad account. Detailed information on the UW course equivalent process that you will use through your My Study Abroad account is available in the IAP Study Abroad Handbook.

If you would like more information or clarification on the Portuguese major, please contact Karen Thompson (klthompson3@wisc.edu), Undergraduate Spanish and Portuguese Advisor. For course equivalent issues please contact Professor Severino Albuquerque, (sjalbuqu@wisc.edu) and for questions about practical issues on this program contact Erin Polnaszek Boyd (eepolnaszek@studyabroad.wisc.edu).

Please note that the course equivalents are determined based on the content of the course you are taking abroad, not based on what language the course is taught in. All of your courses will be taught in Portuguese, but that does not guarantee that you will receive Portuguese equivalents for the courses.

Credits

Conversions

UFMG offers courses of 30, 45, 60 and 90 hours per semester. For example, 15 hours is equivalent to 1 UFMG credit, and 90 hours is equivalent to 6 UFMG credits. UW-Madison recognizes one UFMG credit as one UW credit.

Limits and Load

UW students must take the equivalent of at least 12 UW-Madison credits, and no more than 18 credits per semester. The pre-session course can count towards the 12 credit total.

Pass/Fail/Drop/Audit

Please refer to the IAP Study Abroad Handbook for academic policies.

Dropping a course

If you register for a course at UFMG, which you later decide to drop, it is strongly recommended that you obtain written confirmation of the drop (you may even have to draft a letter that someone would sign confirming that the course was dropped). The process to drop courses at UFMG is antiquated and sometimes fails, which results in confusion, frustration and delays for all involved. The cancellation must be made in the UFMG online system so that the course does not appear on your final transcript.

Grades and Grade Conversions

The UFMG grade report for each student will be indicated as both a percentage and letter grade, according to a scale set by UFMG. The UW-Madison will convert your UFMG percentage grades to letter grades, and will ignore the letter grades.

Grade Conversion Scale (Semester, Year):

UFMG Grade	UW Grade
90-100	A
82-89	AB
75-81	B
70-74	BC
63-69	C
55-62	D
0-54	F

Living Abroad

Belo Horizonte

The Federal University of Minas Gerais (UFMG) is located in Belo Horizonte, the capital of the state of Minas Gerais. The city of Belo Horizonte (BH) has approximately 3 million inhabitants and is surrounded by mountains. The weather is mild and pleasant all year round, with an average annual temperature of 21° C. The summer is hot and rainy.

For specific information on what is happening in Belo Horizonte: www.pbh.gov.br, and www.telelistas.net

Housing

You will be responsible for finding your own housing using the support offered by the Programa Benvindo (programabenvindo@gmail.com) office at UFMG. Once accepted to the program, you should email the Programa Benvindo office to request the list of housing options. This will be sent

to you as an excel sheet and will include both host family options as well as apartments that are available in the city. IAP does not have a list of housing options in Belo and is not able to endorse or recommend specific housing options. IAP can connect you with past students who have studied abroad on the program so that you can ask more questions about their living situation.

The excel sheet will include information about each possible accommodation option, including the address, what type of room is available, the rent price, if there are pets and/or children in the accommodations, how far it is from campus, if smoking is allowed, etc.

If you choose to live with a host family, keep the below mentioned courtesies in mind when you first contact them by mail or by telephone or when you first meet them. Remember that a first impression may be very important. Keep in mind that most families will be on vacation the month of February, and if you plan to arrive before the recommended arrival date, you should make arrangements for accommodations in a youth hostel or hotel.

Some students can find it very intimidating to have to contact and find their own housing, but most students are successful in finding a match if they start early and show patience. If the housing you select ends up not being a good match once you arrive in Belo, please contact the Programa Benvindo office for assistance in relocating.

Tips on Living with a host family

Go into life with your new family with an accepting and non-judgmental frame of mind. Be as honest, considerate, and communicative as possible. Treat them with respect and they'll respect you back. Always remember that you are a visitor (despite the fact that you are paying for room and board) in the family's home and in another culture. Take the time and make the effort to get to know the family that has accepted you into their home.

Brazilians are accustomed to more outward courtesy and formality than is the average North American. Therefore, the lack of a thank you or other polite expression is much more likely to be taken as ingratitude. This should be taken into consideration in your letter of introduction to the family. Latin Americans usually preface their letters with several lines of courtesies expressing their concern for family and friends.

It is a good idea to use the formal verb forms with the older generation of the household unless, or until otherwise advised. In the majority of homes, students use the informal verb form with host parents, but it is better to start out cautiously. Your host parents will give you clues for using the most appropriate verb form. Observe the way things are done in the household and try to conform as much as possible. When in doubt, ask about a particular thing that puzzles you. It is the student who should take the initiative in these instances because the family may be hesitant to correct you for fear of hurting your feelings. At the beginning, you can capitalize on your cultural ignorance by asking questions that might later be considered inappropriate.

Despite language problems, try to speak Portuguese from the beginning. The families are aware of your adjustment problems and will try to be patient and helpful.

If you desire a close relationship with the brothers and sisters of the family, be prepared to take the initiative. They will often wait for you to make the first move. This may be difficult since they may be shy about approaching the foreigner. Find out early whether or not there are family rules you are expected to follow, such as cleaning your room, being on time for meals, etc. This may save some embarrassment and/or irritation later on. Try to find out about individual idiosyncrasies in the family. Be tactful. When you leave the house, tell someone where you are going and what time you expect to be home. Telephone if you are going to be late or miss a meal. These customs show courtesy toward the family and save them worries about your getting lost or getting into trouble. Families are especially solicitous toward women. Always speak with another American in Portuguese when in the presence of non-English-speakers. This way, everyone can understand.

It is extremely important that you use the utmost of discretion in terms of a conservative approach to discussing matters pertaining to sexual behavior, sexual choices, sexual politics, etc. If you are taken to a party or other function, especially with family members, act conservatively with the opposite sex because the family may be quite conservative in this respect.

Many of the conveniences that we take for granted in the United States are considered luxuries in Brazil. Your family may constantly tell you to turn off the lights, or limit your phone calls, or feed you more and more rice and less and less meat. In general, be prepared to recognize and deal with the fact that there is a very real monetary factor that will enter into the relationship most students have with their families. This factor may prevent you from achieving full identity as a family member.

For this reason, also, be careful about imposing your guests on your family. Ask permission before you bring home a friend and don't be surprised if the response is cool - the family may simply feel it cannot afford to feed another person. If you have been permitted to have a friend over at the house, stay in the living room. In most houses it is not acceptable to bring a friend into your bedroom, be sure to ask the family their ideas about this.

If you have friends visiting from the States you should make arrangements to have your friends stay in a hotel or youth hostel. If your family offers to have your friend stay with you, be sure to work out the potential financial arrangements (i.e. offer to pay) before your friend arrives.

Maids are common in Brazil, and your family may have one. This is another area in which to take care. There are well-defined social barriers, which prohibit excessive familiarity between family members and maids, and you may be shocked at how some are treated. Although you may feel closer to the maid than to anyone else in the family, the family may resent or disapprove of an openly friendly relationship.

Be sure to be honest with your family about your needs and to tell them right away if you don't like a certain food, etc. Tell them right away, don't lie to them just to make them happy -- you will be part of their family and living with them for at least 5 months. If you are a vegetarian, you need to state this clearly on the housing form so an appropriate family can be matched with you because vegetarianism is not widespread in Brazil. There will most likely be problems due to various cultural differences, but try and keep an open mind and remember that this is a learning

experience. Living with a family is truly the only way to completely learn about the Brazilian way of life.

Transportation

If you plan on traveling outside of Belo Horizonte, be sure to leave your itinerary with either the DRI office or someone in Belo (your friend, host family, etc). Also, do research on costs before you leave, as travel around South America can be more expensive and/or more time-consuming than you might have initially believed.

Safety

Although crime is high in Brazil, as in the United States, most travelers avoid becoming victims by following recommendations on how to avoid risk given by onsite administrators and locals. There are common sense precautions that apply everywhere. If you lived in big urban centers in the United States you probably have developed some strategies already. Most of the general conditions that contribute to risk abroad are the same ones that contribute to risk here. However, there are additional factors that will contribute to risk when you are a foreigner. These additional factors are: your lack of familiarity with the local conditions, the safety of certain areas, the typical problems to avoid, the complexities of the culture and the language barrier. Please try to find out as much as possible about the place you will be visiting ahead of time. Also, once on site, please ask your student liaison and your host family and Brazilian friends to fill you in on what you can do to keep safe.

It is also a good idea to save your traveling for after the program when your language skills will be better and you will have learned more about the environment in Brazil. It is a good idea to keep up with the news and regularly read English language news or the Brazilian news on the web before leaving.

Statistically, Brazil is rated as a country posing moderate risk to travelers but conditions vary from city to city and state to state. Rio de Janeiro and Sao Paulo are big cities with higher levels of violence. Certain areas may be notoriously dangerous but caution must be exercised everywhere and always in Brazil. This is a country where it is not unusual for a criminal to be armed and violent. You may feel intimidated at bus stations, buses and especially at night even by young street children.

It is simply not worth the risk to your person to fight over valuables so please do not take anything you cannot replace easily. Jewelry and valuable personal effects should be left home unless you really need to take them with you. If you will take a laptop, please make sure you always back up your data before and keep the backup in a separate place in your carry-on luggage. If you will be conducting research or staying for the whole semester, the convenience of having your own computer may outweigh the terrible inconvenience of traveling with it and possibly having it stolen.

Health

Please consult your healthcare provider before departure on the proper medical precautions to take for Brazil and any surrounding countries you may wish to visit.

Consult your healthcare provider for recommended vaccines, prevention and treatment. If you do have special health needs or health concerns, be sure to talk to your healthcare provider and get any medical instructions for your study abroad session in writing. If you are planning on traveling in rural areas of Brazil, check with your healthcare provider to make sure the area where you are going is not a high-risk Malaria area, and bring traveler's diarrhea pills if possible. If you are carrying prescription drugs with you to Brazil, you must have an explanation in writing from your physician regarding content and reasons for the drug.

If you wear contact lenses, bring an extra pair, as they are expensive in Brazil, and you should also bring glasses. In any case, bring a typewritten copy of your prescription along.

If within the last 90 days before entering Brazil you have visited a country in Africa or in South America (except Chile and the following full-member-countries of the Mercosur - Argentina, Uruguay and Paraguay) a **Yellow Fever International Immunization Certificate** is mandatory to enter Brazil. You will have to show proof of the certificate with your visa application. A Yellow Fever International Immunization Certificate is advisable if you plan to visit any of the following States in Brazil: Acre, Amapá, Amazonas, Federal District, Goiás, Maranhão, Mato Grosso, Mato Grosso do Sul, Pará, Rondônia, Roraima and Tocantins.

For more information on inoculations related to being in Brazil, please visit the Center for Disease Control's (CDC) website for Traveler's Health at:

http://wwwnc.cdc.gov/travel/destinations/traveler/extended_student/brazil

Tap water in Belo Horizonte is not potable, so it is recommended that you drink bottled water or boil the tap water to avoid the adjustment period and its symptoms (diarrhea). Remember to also avoid ice cubes, as they are usually made of tap water.

Water irrigation systems use sewage water for vegetable and fruit plantations. This makes it vital that you carefully wash any vegetables before you eat them and that you peel all fruits that you can peel. The only safe way to clean your vegetables is by soaking them in a chlorine solution according to instructions on the bottle (many brands are available in any grocery store in Belo Horizonte). Raw seafood should not be eaten under any circumstances.

Especially during the summer months, you should be careful to avoid mayonnaise, lettuce, dressing, custard or cream fillings that might have been left in room temperature for some time.

A Special Note about AIDS

The risk of acquiring the HIV infection through sexual contact is growing. If you are sexually active, beware, be smart, be safe, always use a condom and use it properly. Please read general information from your university concerning AIDS and international travel.

If you are or think you may be sexually active while overseas, bring the birth control you will need for the year. Condoms are available, but the quality is questionable. Do not place yourself at unnecessary risk: Bring American condoms and use them if you are going to be sexually active while you are overseas.

Communication

When making calls, keep in mind time zone differences (www.timeanddate.com/worldclock). To make an international call to the United States, dial the access code for the country from which you are calling plus the United States country code (always "1") followed by the appropriate U.S. area code and local number. To call internationally from the United States, dial "011", the country code, city access code (if necessary) and the phone number. Country and city codes can be found online (www.timeanddate.com/worldclock/dialing.html). Some of above steps can vary if you are using a calling card.

Phones:

You can call collect or buy cards called DDI (discagem direta internacional) to use when calling the US. You can use them on public or home telephones but not from cell phones. The DRI will provide tips on purchasing a cell phone during the orientation session upon arrival.