



## BRAZIL: TEACH BALLET AND/OR OTHER DANCE

Sun, Samba, Energy, Capoeira, Music, Laughter and the fabulous and lavish Carnaval ... Brazil has all of this and much more.

If you are looking for an injection of life to make you feel alive, Brazil is the place for you!

This tropical paradise is alive with mad passion in every walk of life. Axe (a-chay) means energy in Brazil and nowhere else is the heart-pounding, rhythmic energy more prevalent... be it an impromptu capoeira roda on a street corner, bursting with music, excitement and physical perfection, or the sound of loud raucous laughter between two acquaintances over ice cold beer in local open sided bars.

### WHAT DO YOU GET?

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.
- Experienced local staff with 24/7 back-up and support who'll meet you at the airport on your arrival - helps you **feel safe and never alone!**
- An in-depth Induction makes you **feel local straight away!**
- A unique insight into another culture – **see it from the inside** in a way you could never do as a tourist.
- An opportunity to **make lifelong friends from all over the world.**
- And best of all ... **an unforgettable experience!**



### ► SUMMARY FACTFILE

<b>Start Dates</b>	All year round - you choose your start and finish dates!
<b>Duration</b>	Minimum stay 2 weeks and up to 1 year, subject to visa requirements
<b>Requirements</b>	No qualifications needed, just a big dose of enthusiasm!
<b>Price</b>	From £775 / US\$1,165 for 2 weeks, ranging to £2,195 / US\$3,295 for 12 weeks. <a href="#">Full Price List and other Currencies</a>
<b>What's included</b>	► Accommodation ► Breakfast ► Meeting you at the Airport ► Transfer to your accommodation ► Transport to and from your project ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support ► 2 free t-shirts
<b>What's not included</b>	Flights, Insurance, Cost of Visas (if a visa is required, but we'll provide necessary documents and assistance), Lunch and Dinner, Return transfer to airport.
<b>Who can do this Project?</b>	All our projects are open to all nationalities. Unless otherwise stated, you need to be aged between 17 and 70+

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## PROGRAMME OVERVIEW:

Brazil offers a rewarding opportunity to pass on your skills to children who really appreciate it, and would probably not get the opportunity to learn without your presence. Absorb this awesome culture by becoming a part of its community and really contributing....Tempted by a great social life, sunshine and the great Brazilian energy, it's no surprise that most volunteers here choose to extend their stay!

The centre is poor, but the **children are rich in spirit!** With a little time, energy and patience your placement will be **thoroughly rewarding and enjoyable** for both you and the children you'll be working with. You'll no doubt learn a thing or two as well, from your students and fellow teachers. You'll also help give the children hope and renewed confidence. The sense of importance that children feel from the fact that you're from another country and have chosen to spend your time helping them can be overwhelming - your very presence is encouraging and motivating.

In Santa Tereza, as in many areas of the city, children are exposed to the **dangers of poverty** and can be easily led into a life of crime and drugs. Dance programmes like this one are essential in terms of providing a **positive outlet for energy** and a distraction from such a lifestyle. They focus on encouraging children to see the 'good side' of the world - by taking them away from the violence and poverty that they live in and encouraging them to see things in a different way. Along with the people who run and staff the centre, you'll be acting as a positive role model to children to help keep them away from the dangers of the streets.

### The Teaching Programme

If you find joy in dance, join us in Rio and share your passion with kids from local shanty towns... The best thing about this project is that you can teach any kind of dance - the centres are open to anything! They mainly teach ballet, however if you love street dance, belly dancing, Egyptian dancing...or any kind of dancing at all, they'll create a slot in the children's schedule for you to teach it. Anything goes and the kids particularly love learning new styles of dance from around the world.

You don't need any qualifications to teach dance in Brazil, just a basic understanding of the moves and enthusiasm to share this with the local kids! You can also combine your project with a dance course in the evenings, where you'll learn samba, salsa, tango, forro and other types of Brazilian and South American dance.

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### Work Content.

The ballet school you'll work at during your project was founded by a Brazilian ballet teacher some years ago. She had spent most of her life teaching ballet to Rio's upper classes, and was making a comfortable living from her work. One day, while passing through a favela (shanty town), she met a little girl who asked if she could learn to dance too. The encounter with this little girl made her change the way she looked at her life, and she resolved to set up the centre to provide dance lessons to children who came from very poor, underprivileged backgrounds. It sounds like a bit of a fairy tale, but it's 100% true - this is the lady you'll be working with on your project. Her enthusiasm for life and for dance is infectious, and it's the perfect project for you if you have a passion for dance and want to share it with children.



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The school is located in the absolutely gorgeous 'Santa Tereza' area of Rio. Santa Tereza has long been famous as home to Rio's intellectual and bohemian classes, and as a result it's filled with cafes, small art galleries nestled in alleyways and shops selling hand made local arts and crafts. The area has a certain magic to it that's hard to explain, but easy to fall in love with... Old men rest outside cafes listening to the sensual melodies of jazz floating out from nearby bars, children run through the tree lined streets on their way home from school. The sun hits the cobbled streets and the whole pace of life seems to slow... The district is located up a winding hill, and traditional transport from the commercial areas is in the form of the famous bonde, or tram. The bonde still runs everyday, transporting locals and tourists alike up to this charming little village-within-a-city.

As well as dance, the kids take part in arts and crafts activities, and (where possible when volunteers are present) English lessons. If you don't want to take English lessons as well as dance, that's fine, just let us know. Otherwise, the centre will almost certainly ask you to get involved in English and other activities, as well as your dance classes. Most of the team at the centre are local community volunteers who are willing to give their help freely. They say that the satisfaction they get from seeing the smiling faces of the children is worth more than any amount of money in the world!

Unfortunately sometimes lessons have to be called off because of the lack of available teachers – so you will certainly help to make a difference and keep the centre going through taking part in this project.

The centre is open from 9am to 6pm and you'll usually work for around 4 to 5 hours a day. There are approximately 140 children at the children aged between 3-18 years, with around 25 per class - smaller numbers for dance classes.

## LOCATION:

Rio de Janeiro, was discovered on January (Janeiro) 1, 1502 by Portuguese navigators who mistook the entrance of Guanabara Bay for the mouth of a river (Rio). Brazil's second largest city gave up the title of capital city with the creation of Brasilia – the newly engineered capital of Brazil. If Brasilia is the capital city and Sao Paulo the engine of Brazil, Rio is still regarded as the heart of the country. Known to Brazilians as "Cidade Maravilhosa" (The Wonderful City), Rio de Janeiro is always brimming with colours, sounds, rhythms, and joy, all helping to make it synonymous with Carnival! Very few places in the world match the hospitality and natural charm in which Rio is perpetually swathed.



Squeezed into a narrow, astonishingly lovely zone between rainforest-clad cliffs and the sea, in what many have called the world's most beautiful city setting, Rio de Janeiro pulses like an artery. The famed emeralds, amethysts, and rubies of Rio shops are just the beginning; all the colours of the world are here. The thousand shades of Amazon green, the deep black of a businessman's London made suit, the lucid gold of afternoon sunlight, the grey of granite monoliths, the blue of a tropical sea, the hundred shades of tanned flesh. The primeval splendour of Rio's environs lends the city an eternal youth - the arrogant flamboyance that lets one dance too late and too seductively, talk to a stranger when you don't really speak the language, and wander the streets knowing you will end up somewhere exciting.

That somewhere is usually near the beach: Rio's 45 miles of white sand beach encompass neighbourhoods' familiar the world over. Copacabana, Ipanema, and Leblon cuddle together like a clique of celebrities, each brilliantly different. Rio de Janeiro's diverse personalities often delight and astound, and never fail to fascinate, from the impeccable, beach-scarved Avenida Atlantica to the favelas which blanket the hillsides, to the cobblestone streets and artist-inhabited Victorian mansions of Santa Theresa. During the day, the beach-and-cafe cultures nonchalantly transform the shoreline into the center of the city. At night, the clubs, restaurants, and dance halls, called forros, dominate. Part of the nightlife's charm is its spontaneity.

Rio is indisputably a majestic city to rival any – and comes complete with all the attendant traffic and bustle to follow. But the life that inspires the Rio driver to make three lanes where there were only meant to be two also coaxes an impromptu samba from tired legs and drives that most renowned of all Rio events, Carnival. What colour Mother-Nature hasn't already supplied, the local Cariocas will invent. Nothing is spared for this festival of senses.

## ACCOMMODATION & FOOD:

Accommodation is situated in the Flamengo region of Rio - just a hop, skip and a jump away from famous Copacabana beach! This is a great place to be as you will be only 3 minutes away from the metro station, opposite the Catete Palace and you will be able to visit Sugar Loaf Mountain and the Christ the Redeemer statue with great ease.

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You will be staying in a dorm room in a brand new hostel which has been set up by an artist with a wish to create a hostel that is different to anything else in Rio. Set in a beautiful redeveloped building from the end of the 19th century, you will be surrounded by wonderful Brazilian art, dipping you straight into the culture from the first minute you arrive! With over 110 beds, some decorated with an “art” theme you will be sure to meet like-minded travellers, other volunteers and artists from all over the world! The hostel currently has internet and WiFi, a common area, TV room, library, book exchange, safes, a terrace area for socializing, and a housekeeping service. It also has a bike rental service. They often have popular music from Brazil with live music on occasion and a fantastically vibrant, friendly atmosphere.

If you'd like to upgrade to a double or single room, just let us know at time of booking and we can arrange it for you. There will be a small supplement for the upgrade. All rooms have their own bathroom and individual cupboard with a key for security.

Eating out is one of the highlights of living in South America, and an essential part of Brazilian culture! Because of this, the price of your placement includes your breakfast but not lunch or dinner, thus giving you the freedom to sample some of the fabulous food which Rio is famous for. Breakfast currently includes fruits and juices (try the acai – a delicious berry to sprinkle on your granola cereal), coffee, milk, bread, cheese, ham, butter, jams and sweet cakes (popular in Brazil for breakfast) amongst other things. You'll be allowed to use the kitchen facilities whenever it is not being used by the hotel staff.

The Brazilians have a passion for food. They spend long, balmy evenings dining in restaurants and al fresco in the city's buzzing streets on fare from the traditional Feijoada (black beans and pork stew) or Mariscada (seafood stew) to modern global cuisine rivalling that of any other international city! You might also like to indulge in a caipirinha, Brazil's traditional carnival drink made with lime and cachaça, best enjoyed in the sunshine with a churrasco, which is a Brazilian barbeque of rice, meats and – of course – salsa! The cost of eating out in Rio can vary from a just a couple of pounds up to a couple of hundred pounds! This is one city where you certainly won't have any trouble eating well on a tight budget - there are some very inexpensive options available and you'll dine out handsomely on about £4 (\$6) (estimate correct at time of writing); although you could be lucky and get away with spending even less and still be eating well. The trick is to keep your eyes peeled for the bargain eateries offering specials such as buffet lunches. Also don't forget the supermarkets are a good option and are comparable in standard to those found back home.



## VISAS:

In countries where visas or immigration documents are required, we'll send you all the necessary forms and information and make the process very easy for you.

## FLIGHTS:

You have the option to arrange your own flights or we can assist you with your flight arrangements. If you would like us to do this for you, we will liaise with you regarding available flights and dates to suit you. All arrangements for your flight bookings/payments will be fulfilled by [Murray Rogers Travel Limited](#), ATOL No. 6856.

## INDUCTION ON ARRIVAL:

When you arrive, you will be welcomed at the airport by our Brazilian Organiser, who will take you to your accommodation. During your first few days you will be given an induction so that you can learn about Brazil and its culture, as well as useful information like how to use the transport system etc.

## COSTS:

Please see the prices pages of our website [Full Price List](#). The price of this project is a reflection of the following costs:

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- ✓ Accommodation
- ✓ Breakfast
- ✓ Meeting you at the airport
- ✓ Transport to and from your project
- ✓ Local in-country team support and backup
- ✓ 24hr emergency helpline
- ✓ Full pre-departure support
- ✓ UK administration
- ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations)
- ✓ Project Research/Site Inspection
- ✓ Staff Training/Equipment
- ✓ Donations to worthwhile projects

## HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

For every volunteer, a donation is made by Travellers on your behalf into the **Bridge The Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

## COUNTRY PROFILE:

Brazil's colourful diversity and geographical abundance seem to embody everything that is best in South America. The Amazon flows through its heart! There is a dazzling string of great cities along its coast - the pulse-pounding resort of **Rio de Janeiro**; sprawling, metropolitan **Sao Paulo**; and, further north, the entrancing canals and bustling piers of **Recife**.

We have programmes in two very different locations. You can choose between the **dazzling city** of **Rio de Janeiro** and the **beach paradise Florianópolis**. A world of contrasts! Alternatively, why not combine your placement and visit them both....?

Brazil has an incredible amount of diversity in vegetation and climate and a fascinating cultural mix of immigrants who have brought with them their customs and cuisines. **A vibrant, pulsating country!**

**This tropical paradise is alive with mad passion in every walk of life.** Axe (a-chay) means energy in Brazil and nowhere else is the heart-pounding, rhythmic energy more prevalent, be it an impromptu capoeira roda on a street corner, bursting with music, excitement and physical perfection, or the sound of loud raucous laughter between two acquaintances over ice cold beer in local open sided bars.

Brazil has the **sixth largest population in the world** (about 169 million people) which has doubled in the past 30 years. Because of its size, there are only 15 people per sq. km, concentrated mainly along the coast and in the major cities, where two-thirds of the people now live: over 19 million in greater Sao Paulo and 11 million in greater Rio.

In Brazil work is secondary to leisure and **Brazilians know how to enjoy life**. It is impossible not to absorb this infectious passion for life, enthusiasm for fun and appreciation of the little things in each day. Of course, a consistently hot summer and beaches such as the Copacabana and the infamous local tipple of Caipirinha all help secure that lively, happy vibe!

Caipirinha is the traditional Brazilian cocktail and is fittingly delicious. Refreshing and powerfully alcoholic, a Caipirinha is prepared with a Brazilian sugarcane liquor, Cachaça, lime juice (fresh from the fruit), sugar and lots of ice. This is an appetiser to be enjoyed before eating when socialising with friends – something you will do much of in Brazil.

**Brazilians know how to party**, in the cities, in the country, on the beaches and, in fact, wherever they go, and the biggest party of all time occurs each year throughout the country. **Carnaval is spectacular!!** It takes place in February all across Brazil but particularly in Rio. The streets are packed and pumping with incessant samba beats and pure hedonism for 5 days with a period of building excitement for some time before. Any excuse for a party! The year begins after Carnaval and, as with all things Brazilian, somewhat later than planned. Well, after all... what's the rush....?

Around the same size as the USA, Brazil is by far the largest South American country. It borders every country in South America but Ecuador and Chile. Brazil's population is clustered along the East coast of the Atlantic whilst much of the rest of this tropical land remains **scarcely populated** and difficult to access. Brazilians are most commonly of African, European or Indian descent and of Roman Catholic faith. The official language, unlike anywhere else in South America, is **Portuguese**. This diverse ethnic background is often cited as the explanation for the welcoming nature of the average Brazilian, who, as some say, *'have a little of the entire world in their blood'*.

**Carnival**, which takes place throughout Brazil, is a moveable feast that is tied to the religious calendar. Traditionally a pre-Lent celebration, ending on Ash Wednesday. Carnival activities around Brazil normally take place from the Friday prior to Ash Wednesday and continue up to and including Ash Wednesday itself. In some cities, the celebrations will spill over through the entire week and include the following weekend. Many Brazilian offices and business will close for the week of Carnival in much the same way UK firms close between Christmas and New Year.



Like Mardi Gras, Carnival has its roots in ancient pagan ritual. The wild parties began in the Middle Ages but were tamed in Europe by Christianity. The Portuguese were irrepressible, however. Carnival flourished and incorporated extravagant costumes from India and primitive carnal beats from African rhythm. Carnival takes place before lent where Catholic Brazilians officially gave up luxuries such as meat, alcohol and pastries. The word Carnival seems to have derived from the Latin 'goodbye meat'. The reasoning, and a grand one, behind Carnival therefore was to accumulate and rack up all sins in a blow out of extreme proportions, in advance of the deprivation ahead!

The excitement of Carnival builds practically all year round. Rehearsals at samba schools begin in August and marching percussion bands practise for their performances of music throughout the year.

Carnival Balls are extreme, surreal and erotic events. There is various stages of undress, extravagant body painting, stickered tattoos, fishnets and spandex involved! Hypnotic music, grinding movements and beautiful ladies of the night vying for the camera's attention are included in the price of the ticket. Some of these beautiful ladies are less 'lady' than they may appear...

Street Carnival is all about the dancing in the streets, marching bands pump out their theme tune and other rhythms as the drag queens and party crazed people bop along behind.

The **samba parades** are perhaps a highlight of carnival. As the Lonely Planet so nicely puts it, the Brazilians harness sweat, noise and confusion and turn it into art. The best Samba schools in the country prepare all year for their moment of glory. This procession is a competition of the art. There are many aspects to samba including percussion, song, dance, choreography, costumes, story line, floats and decorations. The winner of the samba parades earns admiration and the pride of Rio and all of Brazil.

## THINGS TO DO IN: BRAZIL

Brazil offers so many different things to do that it's impossible to narrow it down to a few 'favourites'. One of the greatest things about this vibrant country is the atmosphere.... wherever you are and whatever you're doing, take time to absorb it - as you learn about the country around you and interact with local people you'll soon appreciate the energetic yet laid back Brazilian way of life!

- **Amazonia National Park:** The Amazon covers an impressive 7 of Brazil's 27 states and almost 40% of the total land mass. If you have the time, its a must see for the wildlife, climbing, trekking or lazy days spent traveling by boat along the river.
- **Iguaçu Falls:** Sometimes described as being one of the 7 natural Wonders of the World! The falls have 275 separate cascading waterfalls, above which you'll see a glistening rainbow coloured mist. Simply spectacular!
- **Rio de Janeiro:** Rio is infamous, for its sun, sea and surf. As a city, it's friendly, chaotic, laid back and exciting! On top of the beach scene, Rio's the cultural and educational heart of Brazil, with many art galleries, museums, theatres, and dance halls where you can learn to Samba like the locals!
- **Recife:** Located on the north eastern coast of Brazil, Recife is well known for the cannals and connecting bridges that criss-cross the city - a picturesque city and a famous tourist destination. There are many great beaches in this region and the cuisine is entirely different from that of the south of Brazil, making it well worth a visit.
- **Florianópolis:** With 42 beaches and a thriving surf, sun and water sport culture it's no surprise that Veja magazine, a Brazilian publication, named Florianopolis "the best place to live in Brazil." For more information about Travellers projects in Florianópolis, please [click here](#)



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- **The Pantanal:** Considered one of the world's great wildlife reserves with the best fishing in South America. Visitors come to these wetlands for the bird watching - this region is teeming with birds and other wildlife.
- **Salvador:** Formerly Brazil's colonial capital city and once the slave centre of Brazil. Salvador's enchanting cobblestone streets give it the charm of a Roman city, yet with an African soul. A must see for the ornate churches and lively, vibrant atmosphere.
- **Sao Paulo:** Sao Paulo is HUGE!! Not only is this the most populous city in Brazil, but it is also the commercial centre, home to many big businesses and skyscrapers. Italian and Japanese immigrants have settled in the city, leaving a cosmopolitan atmosphere with some of the trendiest nightlife in the whole of Brazil.

## WHY GO WITH TRAVELLERS WORLDWIDE?

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## VOLUNTEER FEEDBACK:

“Fabio you are fabulous ... Thanks Rio, thanks Travellers for arranging all this but mostly thanks to the children and the people who have made us so welcome here .... Tops Fabio, Keilla [Fabio's wife] and Cayo (and members of his family too numerous to mention). It says a lot that I am fighting back the tears as I say cheerio for now folks, love you all, please stay safe” –

Vera Tyler, Rio Portuguese student & volunteer

## HOW TO BOOK:

Please complete a [booking form](#) online or you can send a postal booking from our free brochure. When we receive this, we'll telephone you to discuss the details and then start the exciting process of planning your trip!

**We do hope you'll join us and are confident that you'll find this an incredible experience. Don't hesitate to contact us with any questions - we'll be happy to help you plan your exciting adventure!**

You may also be interested in other courses with Travellers, or do other projects in our other destinations – please visit our [website](#) for details of all our projects. In fact you can choose from over 300 projects in 19 countries!

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