



BRAZIL: COACHING SPORTS

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

Start Dates	All year round - you choose your start and finish dates!
Duration	Minimum stay 2 weeks and up to 1 year, subject to visa requirements
Requirements	No qualifications needed, just a big dose of enthusiasm!
Price	From £775 / US\$1,165 for 2 weeks, ranging to £2,395 / US\$3,595 for 12 weeks. Full Price List and other Currencies
What's included	► Accommodation ► Breakfast (Rio only) ► 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
What's not included	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.
Who can do this Project?	All our projects are open to all nationalities. Unless otherwise stated, you need to be aged between 17 and 70+

PROGRAMME OVERVIEW:

Brazil offers a rewarding opportunity to pass on your sports skills to children who appreciate it. Absorb this awesome culture by becoming a part of its community. It is no surprise that most volunteers here choose to extend their stay! Brazil also tempts you with a great social life.

You don't need any qualifications to coach sports in Brazil, just a basic understanding of the game and a love of sports, as well as an enthusiasm to share this! You can also combine a Coaching project with a teaching project - or perhaps you'd like to learn Portuguese or Capoeira at the same time.

In many areas of Brazil children are exposed to the dangers of poverty and can be easily led into a life of crime and drugs. Sports programmes 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 co-ordinators of such projects you'll be acting as a positive role model to children to help keep them away from the dangers of the streets.

The government recognizes the important role that structured sports programmes can have on entire communities, and in some areas grants have been given for the building or maintenance of outdoor pitches. This is a really positive move forwards for people in the poorer areas of cities who now have facilities that they can utilize and be proud of.

The Coaching Sports Programme

The schools and centres that you'll work in are poor but the children are rich in spirit! You'll spend time sharing your skills and building confidence and team morale, whilst working towards improving technique and strategy. What you will offer through coaching is immeasurable in terms of education in social skills, team work, self development, confidence and the obvious positive effects it will have on their English language learning.

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 coaches - this country is passionate about sport with no shortage of talent! 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.



You can choose which sports you'd like to take part in. We'll create a project based at several project centres which will give you a jam-packed timetable focused on the sports you love. If you'd like to assist at the football club (see above), teaching English or at the crèches, you can also fill up your schedule with the se activities. You can coach:

- Ballet
- Basketball
- Capoeira
- Dance (any kind!)
- Football
- Karate
- Tennis
- Volleyball
- Women's Football

The Coaching Sports Programme

Rio - On the football project, you'll be working at a really great football club in the north of Rio - the poorest area and so the area most in need of voluntary help. The club trains everyone, from younger kids right up to older students of around 18 who are really great at football.

Their aim is to get these kids off the street and provide football lessons to give them something creative to focus on. The only thing required by the



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club is that the kids have to be attending school regularly... or they can't come to the club. This helps to keep them in school.

The institution works with over 250 kids at the moment, and all football instructors are volunteers, so the lack of volunteers is a big problem they face

You'll usually spend around half of your time coaching the little ones, and half of your time playing football with the older students, which will give you the opportunity to keep up your skills!

Your main role is to assist the coaches with general coaching. This can include training the kids for championships, giving warm ups and helping with stretching, teaching football techniques, etc.

If you are very confident, you can also take your own group of kids. If you have any qualifications, you are welcome to use them here, and new training techniques are always welcome!

You'll usually go to work in the morning, take part in a few hours coaching then have lunch. Some afternoons, you may also be timetabled to go to one of the schools in the surrounding area to help out with their PE lessons, which are a mixture of lots of different kinds of sports, or at one of the total sports project centres (see below). We have a variety of projects, so Fabio will try to tailor your project to meet your individual skills and needs.

Rio and Florianopolis - Charitable organisations, NGO's and social projects are working hard in the Brazilian suburbs to provide recreational activities to street children or those from disadvantaged neighbourhoods. Travellers have developed a number of partnerships with such projects and that's where you come in: to help coach these enthusiastic children and teenagers! Our programmes are aimed at improving the social skills and lifestyles of children and teenagers through the means of sport.

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.



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Florianópolis, or Floripa as it is more commonly known, is the capital city of Santa Catarina in southern Brazil. It is composed of one main island, Ilha de Santa Catarina, and a number of surrounding small islands. It has a modern, cosmopolitan feel, but its location nestled amongst sand dunes, rain forest, beach and mountains make it the perfect place to sample the best of both worlds...

In Florianópolis the natural treasures are truly exceptional and include beautiful lagoons, stunning beaches, rolling mountains lush with Atlantic rainforest, soft white dunes, and an array of small offshore islands, as well as a wealth of landscapes, aromas and colours.

The island offers opportunities for many types of tourism, from traditional summer relaxation holidays to surfing, windsurfing, paragliding, snorkelling, diving, boat tours, jiu jitsu, hiking, whale-watching and many other ecotourism options.



The island truly has a bit of something for everyone, from authentic and rustic fishing villages, to surfer's paradises surrounded by charming small towns (which remind many people of parts of San Diego or Santa Barbara in California), to high-end Brazilian summer getaways (reminiscent of South Beach in Miami or San Tropei in France), as well as pristine and untouched nature preserves, just minutes from modern shopping malls and cinema complexes. Its numerous white and clean sand bottom beaches continue to draw visitors from around the world in addition to the sun-worshipping local population.

Brazil is widely known for its unbelievable parties, beautiful people, and unrelenting passion for enjoying life, and Florianópolis is quickly becoming known as the epicenter of this lifestyle. There are a wide variety of nightlife options on the island from the strip of bars playing live music in the Lagoa da Conceição to the ultra-hip and ultra-exclusive parties in Jurerê Internacional. Whatever your poison, make sure you save your energy because you won't want to miss a second!!!

The climate in Florianópolis is very favorable, sub-tropical and temperate most of the year, with average temperature between 70°F and 90°F. The population of the island today is estimated at approximately 400,000 inhabitants.

ACCOMMODATION & FOOD:

RIO - 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.

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.

Area: The hostel is located only a 15 minute-walking distance away from the Arches of 'Lapa', 'Cinelandia' and 'Flamengo', from where you can visit Sugar Loaf Mountains (Pao de Acucar) and the Statue of Christ, the Redeemer; only 3 minutes away from 'Catete' Underground station, where you can catch the train and get to 'Copacabana' or 'Ipanema' beach in less than 15 minutes. There are several banks, ATMs, supermarkets, drugstores, cinema, hotels, shops, etc., all within a couple of minutes away, which makes the area interesting and busy even in the night time! The options for entertainment are endless too; one night you



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can choose to watch a film at the cinema; the other you can just chill out with friends in a local bar or pub.

Past volunteers have regarded eating out as 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 for dinner, you'll get the chance to venture out and sample some of the fabulous food which Rio is famous for.

For breakfast in the hostel you can expect a feast of natural 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 – so you certainly won't be leaving on an empty stomach! You will be allowed to use the kitchen facilities whenever it is not being used by the hotel staff.

FLORIANOPOLIS - For a complete cultural experience in Florianopolis you will live with one of our selected host families that help Travellers to make your placement as much enjoyable as possible. All of our host families are welcoming and will provide you a very familiar environment. We believe that this is the best way to become integrated into the local culture - you'll be much more than just a "tourist" and the added benefits are that often our host families introduce you to their families and friends and they often invite our volunteers to many local events, such as football matches, cinema, a drink in a local pub in the evening after a day of work, birthday parties, family Sunday's meals, a ride to the beach, etc.



It's also a great opportunity to learn Portuguese in an easy and natural way.

The family you'll live with will be allocated according to the location of your project, the number of volunteers at the same time as you, any personal issues (such as if you're allergic to pets, for example), but all our host families are near to launderettes, supermarkets, shops, banks, pharmacies, internet cafes, etc., and located in safe areas. The centre of the city is usually a 20-minute bus ride away.

You may share a room with another Travellers' volunteer and you will get contact details of all the other volunteers who are in Florianopolis at the same time as you so you can be in touch with them.

The bathrooms are Western style and have hot water.

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:

- | | |
|------------------------------|--|
| ✓ Accommodation | ✓ Transport to and from your project |
| ✓ Breakfast (Rio only) | ✓ Local in-country team support and backup |
| ✓ Meeting you at the airport | ✓ 24hr emergency helpline |

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- ✓ 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 tippie 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

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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 canals 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."
- **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.



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- **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.

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VOLUNTEER FEEDBACK

"There is so much to say about the Karate club at the Ruben Gomez CIEP School where I work. There are people here who work very hard to keep the kids off the streets away from crime and drugs. One way, of course, is by encouraging dedication to sports. In this school there are two avenues ... one is the Karate Club, run entirely by volunteers, who somehow manage to raise enough funds to ensure the children are properly kitted out and even able to attend competitions.

The youngsters take the sport very seriously. I believe I mentioned the thirteen year old black belt who is capable of leading a class. (She has 6 siblings, lives in a two roomed house and looks about 17). Perhaps there are one or two Karate clubs out there with time to spare who could help in some way.... as you read through the rest of this I hope everyone will begin to realise just how much difference this kind of activity makes to these kids.

The other sport of course is football. On Friday Marcelo was even more boisterous than usual because the boys' team he works with won an important local match. He proudly showed us the wonderful row of trophies earned by the team. As with the Karate, they have only what is donated and every victory is hard earned. These guys put so much effort into helping these kids without ever seeking any kind of reward, except maybe, success."

Vera Tyler, Rio, Brazil

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!

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