



Foreign Student Guide



UNICAMP



DERI

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Presentation



Welcome to UNICAMP

It is with great joy that we welcome each of you to our university. Welcome to a place where knowledge intertwines with Brazil's vibrant and diverse culture.

This guide is intended for all foreign students who are coming to UNICAMP. We know that traveling to another country, especially doing an exchange program at a foreign university, can be challenging and many questions may arise along the way.

Therefore, the purpose of this guide is to make this experience smoother. Here, we intend to clear up some doubts, explain how our university works, give advice about our country, as well as bring other important information.

The University

The University of Campinas, better known as UNICAMP, is a renowned higher education institution located in the city of Campinas, state of São Paulo, Brazil. Founded in 1966, UNICAMP is recognized for its academic excellence and commitment to research and innovation.

With a diversified academic structure, UNICAMP offers a wide range of undergraduate, graduate and extension programs in various areas of knowledge. Its teaching staff is made up of highly qualified and dedicated professors, who are references in their respective areas of expertise.

In addition, UNICAMP has a strong scientific and technological research culture. The university keeps modern laboratories and research centers, where students and researchers have the opportunity to develop advanced studies and contribute to the advancement of knowledge in their specific areas.

UNICAMP also values interdisciplinarity and an entrepreneurial spirit. The institution promotes dialogue between different areas of knowledge and encourages innovation and entrepreneurship among its students and researchers. That way, UNICAMP plays a fundamental role in the social, economic and scientific development of Brazil, contributing to the training of highly qualified professionals and to the solution of challenges faced by society.



DERI

DIRETORIA EXECUTIVA
DE RELAÇÕES INTERNACIONAIS

DERI

The International Office of the University of Campinas is committed to planning, coordinating and evaluating the university's internationalization actions. In other words, DERI is responsible for partnerships and agreements with foreign institutions and for student mobility processes.

In addition to directing UNICAMP students to other higher education institutions, DERI is responsible for welcoming foreign students who come to the university.

Student Mobility

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Public attendance: monday to friday,
9 am to 12 pm / 2 pm to 5 pm / 6 pm to 9 pm.



Bureaucracy



JOGJA
Yogyakarta Adisulistyjo

CLASS	31 Jul 2015	DEPARTURE	09:00
FLIGHT	001	SECTOR	001
TICKET	120247031845001	ETKT	SILVER
FREQUENT FLYER GAT23104793			
CLASS OF TRAVEL ECONOMY			
Check-in time 22H			
08:40			

TRAVEL INFO
Next steps
Security
TICKET

NEXT STEPS
Security
TICKET

TRAVEL INFO
Next steps
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TICKET



VISA

To enroll at UNICAMP, a Student or Mercosur Visa is required, which can be obtained at the consular office of the Embassy or Consulate of Brazil in the student's country of origin. The visa must be applied for sufficiently early in order to allow time for bureaucratic procedures, which can be quite lengthy.

While it is possible to change your visa status while in Brazil, this is not recommended as this procedure is very time consuming.

With that in mind, we strongly advise you to enter Brazil with a Student or Mercosur Visa. Once you arrive in Brazil, you will need to register with the Federal Police (PF). For more information on regularization procedures in the country, visit [Legalizando sua entrada e permanência no Brasil](#).

How to apply for the visa?

1. Contact the Brazilian Consulate or Embassy
2. Apply for STUDENT VISA or MERCOSUR (for participating countries)
3. Request, along with the VISA, the CPF (see next topic)
4. Set apart, to take to Brazil:
 - Passport;
 - Visa Application Form;
 - other documents indicated by the Consulate or Embassy of Brazil.

CPF

The Individual Taxpayer Registration (CPF) is a document used by Brazilian and foreign citizens to open a bank account, make purchases, apply for a credit card, among other things.

You will need a CPF in order to get a local cell phone chip (and access the internet), to open a local bank account and to shop online, for example.

We strongly recommend that, when applying for a visa at the Brazilian Embassy or Consulate in your country of origin, you also request the issuance of the CPF. Although it is possible to apply for the CPF while in Brazil, the process is much more difficult and time-consuming, so we suggest requesting it along with the visa.

How to apply for the CPF?

1. Access the [link](#)
2. Fill out the online form on the Federal Revenue website, at the [link](#)
3. Send the documents to residente.exterior@rfb.gov.br
 - FCPF, filled and signed;
 - Identification (passport);
 - A "selfie" holding your identification document, open and close to your face;
 - other documents that may be requested.





Health Insurance

Health insurance is mandatory for all international students, plus you will need to submit a copy of this document to DAC. The health plan must cover medical expenses and repatriation from the day the student leaves the country of origin. The choice of another specific travel insurance is the responsibility of the student. If the foreign student arrives in Brazil without a previously contracted health insurance, it will be necessary to take out insurance with a local agency.

The contracted health insurance must cover the following expenses, for the entire period of travel to Brazil (departure from the country of origin until arrival in the country of origin):

- medical-hospital;
- repatriation – medical and funeral;
- accidental death;
- total or partial permanent disability resulting from an accident.

CRNM

(Carteira de Registro Nacional Migratório)

CRNM or Carteira de Registro Nacional Migratório is the physical identification document for immigrants registered in Brazil, valid throughout the national territory.

The National Immigration Registry (RNM), previously called the National Foreigner Registry (RNE), is a number that identifies each immigrant after regularization with the Federal Police, along with the collection of their personal information and fingerprints.

The RNM (number) appears on the CRNM (card/document), but, as the physical document is not issued at the time of service, on his first visit to the Federal Police office for Visa Registration or Residence Application, the foreigner will receive a protocol with the RNE number and/or guidelines to identify it through the website.

The protocol with the RNM and CRNM is the document that prove the legality of the foreigner in the country and guarantee the rights foreseen in the Brazilian legislation. Likewise, illegal foreigners in Brazil may suffer the penalties prescribed by law, so we strongly recommend respecting deadlines and delivering the required documents, in order not to compromise the stay of foreigners in the country. If in doubt, contact DERI.





Federal Police

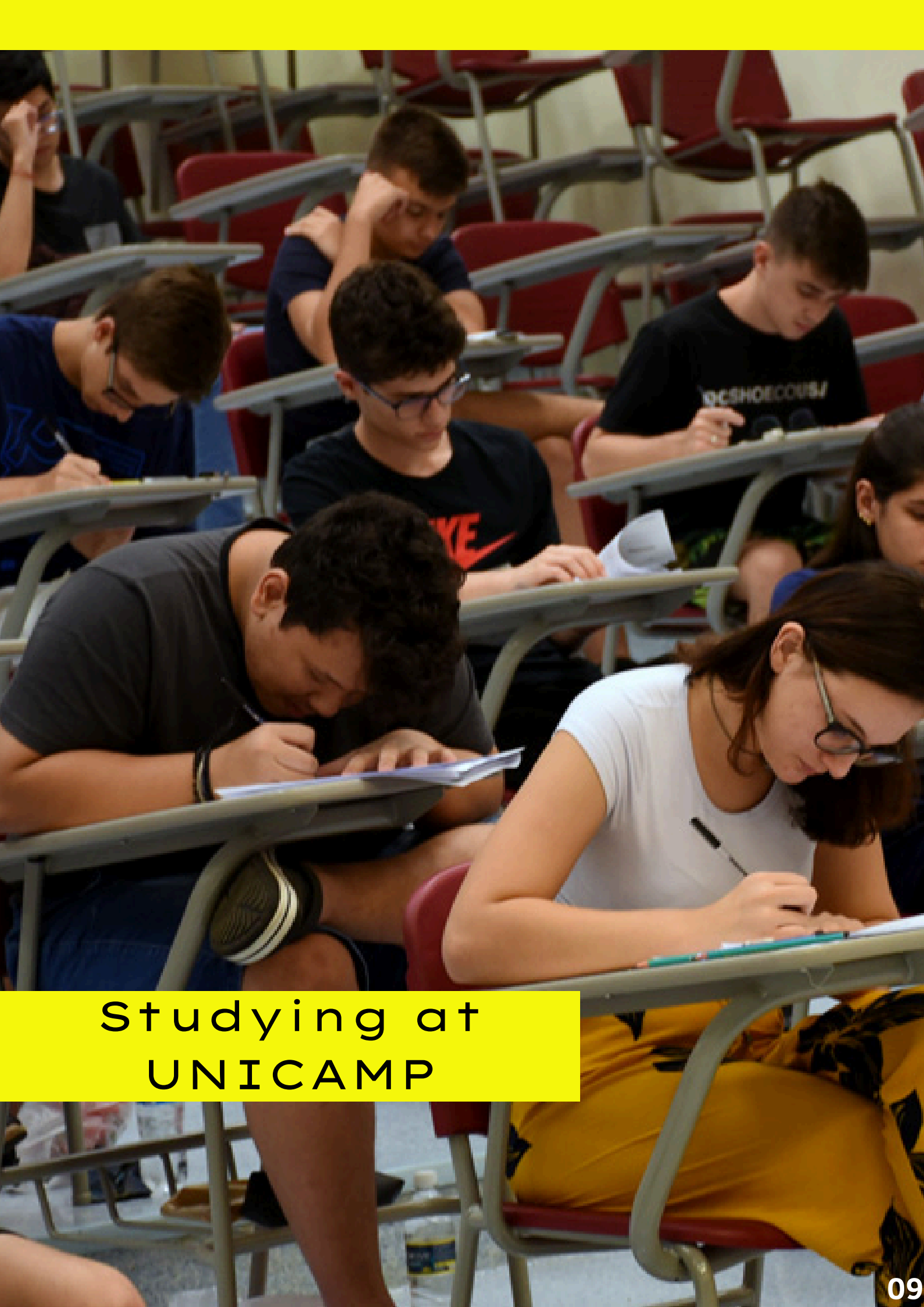
The Federal Police (PF) is the body responsible for migration processes in Brazil. In addition to controlling the entry and departure of foreigners from the country, the PF is responsible for identifying, registering and regularizing the situation of foreigners in Brazil.

Upon arriving in Brazil, by air or land, the foreigner must pass through migration control, assisted by agents of the Federal Police. A stamp with the date of entry will be marked on the passport and the foreigner will have up to 90 (ninety) days, from this date, to regularize his stay in the country.

For foreigners who enter the country with a visa (tourist, visit, student or Mercosur, the procedure is the same for all types of visa), the detailed procedure to be followed is on the Federal Police website, at [Registrar-se como Estrangeiro no Brasil](#), this process also known as Visa Registration.

For foreigners who enter the country without any type of visa, using only their passport or, in some cases, the identity document used in their country of origin, the detailed procedure to be followed is on the Federal Police website at [Obter Autorização de Residência](#), process also known as Applying for Residency.

Important: foreigners who choose to enter Brazil without a visa must be aware that the list of documents to be delivered to the Federal Police includes documents such as a birth certificate, criminal record certificates issued in the country of origin, documentation that proves financial capacity itself or those responsible for the entire period of stay in Brazil, among others. All documents issued abroad must be legalized (with consularization or Hague Apostille) and accompanied by a sworn translation, which can only be performed in Brazil.



Studying at
UNICAMP

Year/Academic Calendar

UNICAMP's academic year is divided into two semesters: the first runs from March to July, and the second from August to December, with two months of summer vacation in January and February. At the Graduate level, summer and winter classes can be offered, which take place in January and February (summer vacations) and July (winter vacations). At the Undergraduate level, there are no classes during the Winter vacations period, classes may be offered during the Summer vacations (January and February).

Attention: Each Faculty or Institute has the autonomy to define whether or not to offer Summer and/or Winter vacations classes. Therefore, the student should always consult the Calendar available on the Academic Board – DAC website and contact the course secretariat to find out about the offering of these classes.

Portuguese Classes

During the semester, UNICAMP offers the following classes: Portuguese for foreigners and Portuguese for Spanish speakers. They are biannual and free. Classes are offered to all interested foreign students and ONLY in Campinas. The Center for Language Studies (CEL) at UNICAMP, in Campinas, will carry out proficiency interviews in Portuguese to level and indicate the most suitable class for each student. Also, only students who arrive in time for the interview (offered the week before classes start) will be able to apply. More information can be found at this link: ([Centro de Ensino de Línguas / UNICAMP](#)).

Credit System

At UNICAMP, each credit is equivalent to 15 semester hours of academic activity in classes (lectures, laboratories, tutorials, etc.). So: a 4-credit course = 60 hours of academic activity per semester. A student doing 24 credits will have a total of 360 hours of academic activity in that semester.

ECTS Equivalence (European Credit Transfer System)

There is no official equivalence between credits at UNICAMP and ECTS. One suggestion is that the student find out the official number of hours of each ECTS credit at their own university and compare it with the number of hours of each credit at UNICAMP. As mentioned above, at UNICAMP, each credit is equivalent to 15 semester hours of academic activity (lectures, laboratories, tutorials, etc).



Grading System

Undergraduation

The evaluation of academic performance is usually expressed by grades from zero (0) to ten (10). To be approved in a course, the student must obtain a grade equal to or greater than 5 (five) and attend 75% of classes. There are also some classes that present only the concept of pass/fail. If the student successfully completes them, he receives credits but not a specific grade. The approaches to verify the student's learning process (test, exercises, reposts, projects, course attendance, etc.) are established by the professor responsible for the course, with the approval of the academic program coordinator.

Cumulative Grade Average (CR): Student performance throughout the program is measured by the Cumulative Grade Average (CR), which ranges from

zero (0) to one (1), and is calculated by the formula:

$$CR = \frac{\sum_{i=1}^n N_i C_i}{10 \sum_{i=1}^n C_i}$$

N_i = grade corresponding to the i -th subject taken among the ' n ' subjects taken by the student at this University.

C_i = number of credits corresponding to the i -th course.

Note (1): Regular students and exchange students at UNICAMP are evaluated equally. However, exchange students have a limited number of credit hours they can take per semester.

Note (2): All information presented here was translated and adapted from the DAC General Undergraduation Rules.

Note (3): UNICAMP is not responsible for the recognition of credits in foreign institutions.

Graduation

The academic performance of graduate students at the University of Campinas (UNICAMP) is expressed by a letter, which has a corresponding value on a scale from 0 to 4. To be approved in a course, the student must obtain a grade higher than or equal to C and attend more than 75% of classes. The equivalence between the lyric note and the 0-4 scale is as follows:

Letra	0-4 scale	Descrição
A	4	Excelente
B	3	Bom
C	2	Suficiente
D	1	Insuficiente
E	0	Desistência ou menos de 75% de presença
S	-	Suficiente ou aprovado*

*There are no grades assigned to certain courses. Successful students receive an "S" and have all credits counted toward course completion.

Cumulative Grade Average (CR): Student performance throughout the program is measured by the Cumulative Grade Average (CR), which ranges from zero (0.0) to four (4.0), and is calculated by the formula below, rounded to one decimal place:

$$CR = \frac{\sum_{i=1}^n C_i v_i}{\sum_{i=1}^n C_i} = \frac{C_1 v_1 + C_2 v_2 + \dots + C_n v_n}{C_1 + C_2 + \dots + C_n}$$

Where C is the number of credits for each course and v is the grade on a scale of 0-4. Results with "Suficiente", that is, with "S", do not count towards the CR.

Note (1): All information presented here is contained in the General Regulations for Postgraduate Studies of the DAC.



LIVING IN BRAZIL

Planning your arrival in Brazil

Airfare

Best airports for arriving in Brazil (due to its proximity to UNICAMP):

- Cumbica Airport (GRU) – Guarulhos City;
- Congonhas Airport (CGH) – São Paulo City;
- Viracopos Airport (VCP) – Campinas City (Main Campus Location of UNICAMP).

The main airport for international flights in the of São Paulo is Cumbica Airport (GRU Airport), so give preference to it if you don't find options for Congonhas (CGH) or Viracopos (VCP).



From the airport to Unicamp

As stated in the previous topic, there are three main airports for your arrival in Brazil. Now, we will help you get to Unicamp.

- From Cumbica Airport (GRU) to Campinas

1. At Aeroporto de Guarulhos (GRU) go to TERMINAL 2, PLATAFORMA 10 and take the LIRABUS.
2. Get off at Terminal Rodoviário de Campinas.
3. On the arrival area, take an Uber or cab to Barão Geraldo; OR
4. Walk up to Terminal Metropolitano and look for bus line 331 – TERMINAL BARÃO GERALDO / RODOVIÁRIA (Indication at the front reads TERM. BARÃO GERALDO).

Attention: buses at Campinas DO NOT ACCEPT MONEY, you must buy a QR code before boarding them.

You can ask for informations at the bus terminal's information point, or get them on this [link](#).

- **From Congonhas Airport (CGH) to Campinas**

1. At Aeroporto de Congonhas (CGH), go to the sidewalk in the boarding and deboarding zone and look for the LIRABUS ticket sales window.

2. Follow steps 2, 3 and 4 of the Cumbica Airport topic.

- **From Viracopos Airport (VCP) to Campinas**

1. At Aeroporto de Viracopos (VCP), go to the domestic arrival area and look for the LIRABUS ticket counter.

2. Follow steps 2, 3 and 4 of the Cumbica Airport topic.

- **From Cumbica Airport (GRU) to Limeira (going through Campinas)**

For people going to the city of Limeira, where are located the campi of School of Applied Sciences (FCA) and School of Technology (FT), the path is:

1. GRU Airport (GRU) to Rodoviária de Campinas;
2. Rodoviária de Campinas para Rodoviária de Limeira

The companies that offer trips from Campinas to Limeira at Rodoviária de Campinas are:

- Viação Guerino Seiscento
- Viação VB Transportes



- **From Cumbica Airport (GRU) to Limeira (without going through Campinas)**

1. At GRU Airport, go to Terminal 3 and look for the AIRPORT BUS SERVICE bus bound to Terminal Rodoviário Tietê.

2. At Terminal Rodoviário Tietê, look for the selling counter of one of the companies that offer trips to Limeira, such as: Cometa, Fênix, Guerino seiscento, Lirabus, Real Expresso, Vb Transportes,

- **From Terminal Urbano de Limeira to:**

1. School of Applied Sciences (FCA): from Terminal Urbano (located next to Terminal Rodoviário) to FCA, use the following bus lines:

- 03 – Nova Limeira / N. Sra. Das Dores
- 12 – Santa Eulália / N. Sra. Das Dores (Via Santa Casa)
- 102 – Parque Hipólito / N. Sra. Das Dores (Via Medical)

Get off at the stop on Praça Primeiro de Maio

2. School of technology (FT): from Terminal Urbano (located next to Terminal Rodoviário) to FT, use the following bus lines:

- 2 – Geada/Belinha Ometto
- 6 – Nossa Senhora das Dores
- 13 – Geada/Belinha Ometto
- 102 – Nossa Senhora das Dores
- 104 – Belinha Ometto
- 105 – Nossa Senhora das Dores

Get off at the stop on Avenida Fabrício Vampré.

- Students who live in Campinas but also take courses at Limeira can use the chartered transport service Intercamp, which travels between the Unicamp campi of Limeira and Campinas.

You need to make a reservation in order to use the service. For more information, click [here](#).

Housing

UNICAMP does not have a student residence and does not offer housing for students. Therefore, it is the responsibility of each foreign student to arrange accommodation during the exchange period.

Students usually choose between three types of accommodation: republics, kitnets, pensionatos.



Republics

These are houses rented and shared by several students, Brazilians and foreigners, from different university courses. The republics can be mixed (men and women in the same republic), male-only or female-only, and can offer shared or single rooms. They are a more economical housing option than the others, but require the student to adapt to living with people of the most diverse personalities and temperaments.

The vast majority of students (Brazilian and foreign) at UNICAMP who come from other cities and/or countries prefer to live in republics.

The positive point is that foreign students who live in republics can get to know Brazilian culture more closely, enriching the exchange.



Kitnets

These are small apartments usually made up of three divisions: one bedroom, a kitchen-service area and bathroom or a kitchen-living room, and a bathroom. They are individual housing options, but tend to be more expensive than the other options, mainly because most are already furnished includes the costs of water, electricity and wireless internet in the rent.

Pensionatos

These are shared houses managed by the owner of the establishment that usually offer single rooms and shared bathrooms. They can be mixed (men and women in the same house), male only or female only and not all offer meals. The advantage of pensionatos is that they are furnished and have infrastructure ready for accommodation. But they usually have stricter coexistence rules that may not please everyone.

Which one to choose?

If you like:

- Meeting people with various nationalities, cultures and personalities;
- Living with various people (sharing your home);
- Parties.

And do not care about:

- Noises;
- Various people entering/leaving the house;
- Sharing expenses;
- Sharing responsibilities and housework.

Then choose a **republic**.

But if you rather live in a calm, quiet, individual or with just a few people...

Choose a **kitnet or pensionato**.

Here are some interesting links for helping with your choice (Portuguese only):

- [Morando em Kitnet](#)
- [Morando em Pensionatos](#)
- [Morando em Repúblicas](#)
- <https://morandoembarao.com/>
- <https://medium.com/morandoembarao/onde-morar-em-barao-geraldo-73afe1fe6e6b>

ATTENTION: UNICAMP does not intermediate, provides, or bears responsibility for any contracts or agreements established by the student, restricting itself to suggesting the available accommodation alternatives. We recommend that foreign students, after arriving at Brazil, conduct negotiations always aided by the support of a Brazilian student.



Money

The Brazilian currency is the REAL (R\$), and banknote indications use 2, 5, 10, 20, 50, 100, and 200.

Coins come in 5, 10, 25, 50 centavos, and 1 real (1 Real = 100 centavos). We suggest you bring some cash with you, because exchange offices are not available everywhere and rates are higher at airports.

To open an account in Brazil, you will need to provide an address and a CPF. Cards can be activated at ATMs.

We strongly recommend that scholarship students bring R\$3,000 to cover expenses until the scholarship is paid (if the student has any).



Safety

Brazil is not one of the most violent countries in the world (at least not in most of the country), but the feeling of insecurity is strong among Brazilians. Even in neighborhoods considered calmer, it is common for houses to have high walls, electric fences and security cameras.

Campinas is not considered a dangerous city, and neither is Barão Geraldo. Even so, as it is a district with a large academic community, many students coming and going, it is recommended not to walk alone through the streets at night, always walk with friends, in groups, and not walk with a cell phone in your hands.

During the day, Barão Geraldo is quite busy, so those tips are mainly for the night period.

Municipal Guard

They are forces to protect municipal public property, which also act as auxiliaries in public security, using the power of the police. The Municipal Guard can be activated in case of damage to public property, theft, robbery, disturbance of peace and damage to the environment.

In Campinas, the Municipal Guard phone number is 153.

Military Police

Main public security police force, whose predominant attributions are crime prevention and ensuring compliance with applicable laws.


The Military Police can be called upon in the event of theft, robbery, disturbance of peace, sexual violence, physical violence, racism, LGBTphobia and other crimes of discrimination, in addition to any and all crimes that attack dignity, physical integrity and life, of anyone.

The Military Police emergency number throughout Brazil is 190.

Federal Police

It is the security force linked to the federal government of the country, and works with the investigation and intelligence sectors to comply with laws related to federal or international crimes.

In Brazil, the Federal Police is also responsible for issuing passports to Brazilian citizens and for the process of regularizing the situation of foreigners in the country (a process known as Residence Permit).

A vibrant nightclub scene with a large crowd of people dancing under purple and red lights. The image is split into two horizontal sections. The top section shows a dark stage area with purple and red neon lights and a grid of small lights. The bottom section shows a large, dense crowd of people dancing in a nightclub, illuminated by bright red and orange lights. A blue banner with white text is overlaid on the top section.

CULTURE AND LEISURE

Living in Campinas

Barão Geraldo is a district in the municipality of Campinas where the main campus of UNICAMP is located. It is approximately 15 km (9.3 mi) from the city center and is where many university teachers, staff, and a large number of students reside.

The foreign student who chooses to reside in Barão Geraldo will find several options of supermarkets, restaurants, laundries, gyms, bars, and cultural attractions.



Two websites can be consulted to find everything that Barão has to offer, namely [Morando em Barão](#) and [Medium - Morando em Barão](#).

Bus terminal of Barão Geraldo

R. Alzira de Aguiar Aranha – Jardim Santa Genebra, Campinas – SP

It offers bus lines to different regions of the city of Campinas, as well as to the Rodoviária, from where buses leave for all regions of Brazil.



Parque D. Pedro Shopping Mall

Located just 2.7 km from UNICAMP, Shopping Dom Pedro (or Dom Povo, as it is affectionately called by people from Campinas) has 6 thematic entrances, 383 stores, 20 restaurants, 39 food outlets in the food court, 15 cinema theaters, hypermarket, a medical specialty clinic, convention center, 8,000 parking spaces.

For all these reasons, it is one of the main outings for residents of Campinas.

For more information and the working hours of the stores and food court at Shopping D. Pedro, visit <https://parquedpedro.com.br/horarios/>



To find out about other malls in the city of Campinas, visit this [link](#)

In addition to Barão Geraldo, Campinas also offers diversified commerce, large green areas, and numerous spaces for leisure, sport, and culture.

To learn more about the attractions of the city of Campinas, visit

- [Conheça Campinas](#)
- [Visite Campinas](#)
- [Campinas Turismo](#)

Brazilian customs and more

People from all over the world have already heard that Brazilians are very receptive and warm people. But we know that we have habits and customs that are very different from other countries and that can cause strangeness. To avoid culture shock, let's explain some of these customs and what to do in certain situations.

Greetings with hugs, kisses and touches

It is common in Brazil for people to greet each other with kisses on the cheek, even if they have just met and/or been introduced. Hugs are also common, as well as Brazilians touching each other, especially on the arms, while talking.

Even we Brazilians don't know why, but in the state of São Paulo it's common to greet each other with a kiss on the cheek, while in the state of Rio de Janeiro it's two (a kiss on each cheek), but there are places that are three kisses, taking turns up the sides of the cheek.

Anyway, we know that many countries are much more reserved when it comes to greetings. So if you don't like kisses and hugs, you can shake hands or bow and say you prefer it that way. Do not feel embarrassed and impose the limit you deem necessary.



Personal Hygiene

It is a Brazilian cultural habit to shower every day, sometimes once or twice per day, or even more when it is very hot. In addition to personal hygiene being considered very important in Brazilian culture, our tropical climate makes it very hot at various times of the year. Therefore, bathing every day is normal and considered essential. Even in the winter months and on the coldest days of other seasons, it is to be expected that Brazilians take at least one shower a day.

If this is not a common custom in your country, take advantage of it while you're in Brazil, because there's nothing better to cool off on a hot day, or relax on a tiring day, than a good shower. You will quickly understand why Brazilians value this habit so much!

Another important habit of Brazilians in relation to personal hygiene is oral health care. Around here, we brush our teeth after every meal, so don't be alarmed if, when you leave a restaurant, you see someone in the bathroom brushing their teeth. It is very common to carry your toothbrush and toothpaste in a small bag and use them after eating, be it breakfast, lunch or even an afternoon snack.



First name, not last name

Another Brazilian habit that may seem very strange to international students is that everyone here is called by their first name, not their last name. We don't use treatment pronouns here, like Mr. and Ms., except in very formal situations. We know that in many countries calling a person by their first name can be considered disrespectful, but here in Brazil, João da Silva is not Senhor Silva, but simply João, even if he is your friend, co-worker, boss or someone that you've just met, even if you haven't been intimate yet.

Nicknames are also common. So Carolina Santos is not Mrs. Santos, but Carol. Ana can be Aninha, and Carlos Eduardo, Cadu.

In formal situations, we can even call João “Senhor João”, or use Senhora Carolina, Senhora Ana or Senhor Carlos, but we rarely use the last name to refer to someone, except when necessary to differentiate people with the same name.



Punctuality

This is definitely not one of the greatest virtues of Brazilians. On the contrary, it is soooooo common for Brazilians to be late for virtually all appointments. Of course, you can't generalize, but delays are something that bothers even the most punctual Brazilians.

Even so, we bring you this tip so that you don't get disappointed or frustrated if a Brazilian leaves you waiting longer than the agreed time, but we do not in any way

suggest that you arrive late for any appointment while you are in Brazil. Even though it is a common Brazilian habit, delays are still considered a lack of respect for the person who is left waiting. So, if you're punctual, keep being punctual while you're in Brazil and let Brazilians embarrass themselves (yes, despite being a common habit, it's always a shame for Brazilians to be late somewhere).

Typical Brazilian foods

Brazil is a multicultural country, formed by the influence of indigenous peoples, Africans, Portuguese, Spanish, Italians, Japanese and many others who were and are part of the country's history. Thus, Brazilian cuisine reflects all this diversity and has typical dishes that may resemble those served abroad, but which here include ingredients that for many foreigners may seem exotic.

That is the case with our pizzas. In many countries, flavors are limited to the traditional recipe: pasta, tomato sauce and cheese and a few additional ingredients. In Brazil, however, there are no limits: it is possible to find pizzas that are traditional for us, such as chicken, pepperoni, corn, bacon, but also the most creative and different, such as pizza with French fries, stroganoff, hot dogs, sweet pizzas with banana, strawberry, chocolate, and many other flavors that will leave any foreigner open mouthed.

Our hot dog isn't limited to bread, sausage and sauces either. The most traditional kind, in Brazil, comes with corn, vinaigrette, mashed potatoes, mayonnaise, mustard, ketchup, grated cheese, but you can include everything, such as chicken, pepperoni, bacon, cheddar and whatever else the Brazilian wants to invent to put. Some typical Brazilian foods only exist here, so it's almost a “must” to try.

We could even describe the ingredients of each one of them, but we'll just leave the names, so you can search and try. Then tell us what you think of each one, ok?

- Brigadeiro
- Feijoada
- Coxinha, cheese balls and risoles
- Pão de queijo (cheesebread)
- Paçoquinha
- Pastel



PS: Feijoada and Coxinha are not suitable for vegetarians and vegans, unless they ask for meatless options, okay?

Holidays, parties and fun

Brazil has a custom that is not very common in many countries: holidays. Not that other countries don't have their days off, but around here, we have a lot of national holidays and, in addition to them, what we call holiday splices. It works like this: if the holiday is on Thursday, most Brazilians don't work on Thursday or Friday, which makes the weekend long, with four days off (from Thursday to Sunday).

The same happens when it's a public holiday on a Tuesday. The Brazilian doesn't work on Monday and neither on Tuesday, with another four days of rest (from Saturday to Tuesday).

This also applies to UNICAMP's Academic Calendar, so if a holiday is scheduled for Tuesday or Thursday, you won't have classes on those days and in the "amendments" of the holiday, and the university will be closed, including the university restaurants and libraries.



You will notice, whether during the holidays or on the weekends (and also during the week), that Brazilians love to party and anything can be a reason to gather friends and celebrate. If you are a party person, you will not lack opportunities to have fun, but we need to give you some tips:

- The parties in republics, even if organized by university students, are the full and exclusive responsibility of the organizers, and UNICAMP does not participate in and does not provide any support for these events. What happens at parties, stays at parties. So, be aware that UNICAMP has no connection and responsibility for what happens outside the campus and especially outside the university's opening hours, since a lot of the parties usually happen at night.

This doesn't mean you can't go to rep parties, but some precautions are important:

1. Avoid going to these parties unaccompanied as much as possible. Always prefer to go with friends / colleagues, both when moving to the place and during the party;
2. Avoid sharing drinks/drinking in the same glass as much as possible, especially with strangers;
3. Avoid experimenting with drugs or drinks that you are not familiar with as much as possible, especially if they are offered by strangers;

4. If you like to drink, be careful not to mix different types and NEVER forget to eat before and during the party and to drink water between one glass and another of alcoholic beverages;

5. Avoid leaving the party alone as much as possible. Always try to return to where you are living with acquaintances, friends or colleagues;

6. If something strange happens during or after a party, look for someone you trust to talk to and find out what action to take. Although DERI has no connection with these parties, you can contact us, and we will give you guidelines on what to do and who to contact, in case any action is necessary.



Climate/Seasons

In Brazil, the seasons are divided as follows:
 Spring: from september 22nd to december 21st;
 Summer: from december 21st to march 20th;
 Autumn/Fall: from march 20th to june 21st;
 Winter: from June 21st to September 22nd.

But anyone who thinks that the seasons are typical, predictable and always occur in the same way is wrong. It is quite possible that you have cold days in midsummer and very (very) hot days in winter. But let's take it easy and we'll explain in detail.

In Campinas and the region, summer can be very hot (very hot!) and stuffy (no breeze, not even a breeze), as if you were going to melt like an ice stone on the asphalt. But it can also be rainy, with showers mainly in the late afternoon.

Autumn, being a season of transition, is also a very confusing season (!). There are days that are really hot, and there are days that are cold. It is in winter that the second semester classes at UNICAMP begin, normally at the end of July, beginning of August. Of course, winter in Brazil is nothing compared to winter in the northern hemisphere, but as we are a tropical country, we consider our winters cold, despite the “summer” days in the middle of winter.



In short: the seasons in Brazil are confusing, so let's try to make it easier with some tips:

Indications for 1st semester students (from March to July):

Bring light clothes to wear between March and June, but don't forget a warm shirt, even if not too thick (like a sweater, for example);

Bring slightly warmer clothes for the months of June and July, when it starts to get cold and some days can be quite cold, with temperatures around 10°C in the morning.

Indications for 2nd semester students (from August to December):

Bring warm clothes, because August is usually quite cold and windy, which makes the thermal sensation even lower than the actual temperature.

Also, bring light clothes to wear from September onwards, as with the arrival of spring, temperatures start to get more pleasant, and you'll probably ditch thick, warm sweaters (but you never know when a cold front will come through here, right?)

Other relevant information

As Brazil is a very hot country, sometimes stuffy (no breeze, no wind, remember?) Brazilians just LOVE to use air conditioning. Thus, it is quite possible that you have classes in rooms with the air conditioning on, both on very hot days and on colder days. If you feel cold very easily, it is worth carrying a thin shirt in your bag / backpack.

Whether due to the use of air conditioning, or even the Brazilian climate, be prepared to experience sudden changes in temperature, which are normal here. It may happen, for example, that it is 40°C during the early afternoon and early evening, and between 6 pm and 8 pm it starts to wind and cool down. Or else, the day starts very cold and warms up throughout the day, with high temperatures in the afternoon (you may hear the expression “onion effect”, which is about this: when we leave the house with several blouses and we take them off gradually during the day).

Those sudden changes in temperature, as well as the sudden rain showers, end up taking many Brazilians by surprise as well, even causing some seasonal illnesses that are quite common here. During winter,



for example, cases of flu/influenza increase a lot, but respiratory illnesses and sore throats are common during autumn and spring too, as well as in summer, due to factors such as use of fans, air conditioning, low relative humidity and unexpected rainfall.

Because of all this, we Brazilians tend to invest in palliative care to boost immunity, such as vitamin C, healthy eating and, importantly, looking at the weather forecast frequently before leaving home.

Another important tip is that UNICAMP annually offers the flu/influenza vaccine to all students, teachers and employees, and you can also get the vaccine for free. Just keep an eye on the institutional email and look for the Community Health Center – CECOM during the period of the vaccination campaign.

Delicate Subjects

Racism

In Brazil, racism is a crime. In Brazil, it manifests itself against black population, black and brown people.

Here, racism emerges as an instrument to legitimize the enslavement of African peoples for the exploitation of their bodies with the purpose of generating wealth in places where people of white origin predominate.

There are several possible definitions for what can be considered racism, but in short we can say that it is the (unfounded) belief in the assertion of superiority of one race over another.

In practice, racism manifests itself through actions of discrimination and racial slurs.

The crime of racism / racial discrimination consists of discriminatory conduct directed at a particular group or collectivity and occurs in situations such as refusing or preventing access to commercial establishments, preventing access to social entrances in public or residential buildings and elevators or access stairs, among others. It is worth remembering that the crime of racism is non-bailable and imprescriptible.

The crime of racial injury is associated with the use of derogatory words referring to race or color with the intention of offending the honor of the person, such as calling someone a “monkey”, among other racist expressions.

What to do if you are a victim of racism or racial slurs?

Immediately call 190 and request the presence of the Military Police, so that the person who committed the crime is arrested in the act. Accompany the PM to the police station and register the police report.

If the person who committed the crime is absent from the scene or if you are going to register the occurrence after the fact, formalize the police report at any police station or online through the Delegacia da Diversidade.

- Police Station Specialized in Internet Crimes

E-mail: 4dp.dig.deic@policiacivil.sp.gov.br

- Online Diversity Police

Secretaria de Segurança Pública do Estado de São Paulo

- Cartilha

SEXUAL VIOLENCE / SEXUAL IMPORTUNATION

It is any sexual behavior considered undesirable, unpleasant, offensive and impertinent, and which has been committed, threatened or attempted by an individual against a person without that person's consent. That means that crimes of sexual harassment (one among the types of sexual violence) are such as forced kisses, feeling up someone else's body without permission, inappropriate comments, indecent conduct or exposure, voyeurism, stalking, among others.

Even more serious than the crime of sexual harassment is the crime of rape, which is the act of constraining someone, through violence or serious threat, to have carnal intercourse or to practice or allow another libidinous act to be practiced with him.

In Brazil, all types of sexual violence are considered a crime, allowing the harasser to be arrested.

What to do if you are a victim of sexual harassment?

If the harassment happens within the UNICAMP campus:

Activate the Panic Button (application used to activate the Security Center from UNICAMP or the Vidas Service in emergency situations) or go to Campus Vigilance and report the harasser.

To download the app, go to [link](#)

- Secretaria de Vivência dos Campi (SVC): emergency care in case of physical, sexual or property violence. Phone: (19) 3521-6000 | E-mail: svc@unicamp.br

If you need medical attention, look for Cecom, Caism or Hospital de Clínicas.

- Community Health Center – Cecom
R. Vital Brasil, 150 – Cidade Universitária, Campinas - SP
phone: (19) 3521-9020 | Website: <https://www.cecom.unicamp.br/>
Open from Monday to Friday, from 07h00 to 19h00.

EMERGENCY SERVICE LOCATIONS.

- Center for Integral Attention to Women's Health (CAISM)
Phone: (19) 3521-9333 | Website: www.caism.unicamp.br
- UNICAMP Clinical Hospital (HC)
Phone: (19) 3521-2121 | Website: hc.unicamp.br/

If the harassment happens outside UNICAMP:

- Center for Integral Attention to Women's Health (CAISM)
Phone: (19) 3521-9333 | Website: www.caism.unicamp.br
- UNICAMP Clinical Hospital (HC)
Phone: (19) 3521-2121 | Website: hc.unicamp.br/

Search for

- Sexual Violence Care Service (SAVS) of the Executive Board of Human Rights (DeDH), UNICAMP:

It offers shelter and guidance to members of the university community who have been involved in situations of victims of sexual violence and discrimination based on gender and/or sexuality.

Phone/WhatsApp: (19) 3521-7924 | E-mail: savs@unicamp.br

Go to the Women's Police Station and file an Occurrence Report.

For more information and important contacts, visit:

- [Guia sobre violência sexual](#)
- [Guia a pratica dos direitos humanos](#)

Other information:

- [Cartilha Assédio](#)
- [O que é o crime de importunação sexual?](#)
- [Assédio sexual](#)

LGBTPhobia

LGBTPhobia is the act of manifesting hatred, rejection, or violence of any kind towards anyone from the LGBTQIAP+ community, taking as main motivation his/her/theirs gender identity, expression and/or sexual orientation.

LGBTphobia manifests itself in many ways, and often a simple word that tends to seem "routine" can be an example of oppression, although any attempt to create an obstacle in the affective relationship between people of the same sex is a violation of human rights. The manifestation of this phobia appears mainly in the form of rejection, assumed either by the family, at work, in politics, at school, at the university, and at leisure spaces, for example. Discrimination ranges from differentiated treatment, such as aggressive and contemptuous speeches, to acts of verbal and physical aggression.

Homophobia and transphobia are also crimes in Brazil, and the punishment of perpetrators in criminal practices is carried out by the Racism Law (7716/89).

What to do if you are the victim of LGBTphobia?

Look for a police station and register an Occurrence Bulletin.

For those who do not feel comfortable or do not have access to a police station immediately, the complaint can be made by telephone. Operating throughout the national territory, the Human Rights Dial – Dial 100 is a free telephone answering service, which operates 24 hours a day, 7 days a week.

In Campinas, there are also services provided by the City Hall's LGBT Reference Center and Casa Sem Preconceito. For more information, access these links

- [How to denounce](#)
- [How LGBTphobia manifests - USP](#)

Political polarization in Brazil

According to Scott Mainwaring, Professor and Associate Fellow at Harvard University, as well as one of the world's leading experts on politics, democracies and dictatorships in Latin America,

Since 2014, Brazil has suffered a very serious process of political polarization. And that is accentuated by the presence of social media, which exacerbates political polarization and creates animosity. They take this polarization to a process of animosity, of hatred. It is possible to have a polarization process that is not based on personal hatreds. But in Brazil, today, as well as in the United States, you have this toxic mix of personal hatred and political polarization.

And why is it important for you, an exchange student at UNICAMP, to know this?

Because of this political polarization, the division between supporters of current President Lula and former President Bolsonaro has unfortunately caused many discussions and problems in Brazilian society. A search on the main news portals in Brazil is enough to understand what it is

about. It may even be that in your country you have also heard about recent events in the capital of the country, Brasilia. We are not going to delve into the subject, but here are some tips that may be useful during your stay in the country:

Unless you are a politicized person and know the complex particularities of Brazilian politics, avoid entering into conversations on the subject, defending or issuing opinions about this or that Brazilian politician.

If you happen to learn about political demonstrations (such as marches and others), avoid the places where these demonstrations will take place and, if you want to participate, even to find out how they work, try to go with a group, especially with Brazilian students.

In these demonstrations or in situations involving political discussions, avoid wearing the Brazilian National Team shirt or red clothes.

Unfortunately, this is a delicate subject and one that we would not like to address, but given recent events, which have even impacted the lives of Brazilians themselves, it is important that you know that the problem exists and avoid getting involved in the already complicated and delicate situations that involve the politics in Brazil. When in doubt, we have a popular saying that can be followed: “politics, football and religion cannot be discussed”. Besides, of course, you can always talk to UniIn students and/or the DERI team.



A photograph showing several hands of different skin tones (light, medium, and dark) reaching towards the center and holding each other in a supportive grip. The hands are arranged in a circle, with some wearing bracelets or rings. The background is a plain, light-colored wall. A purple horizontal bar is overlaid on the left side of the image, containing the text 'Support Network'.

Support Network

Health services

1. Offered free by UNICAMP

CECOM – Community Health Center

It offers free medical care to students, employees, professors and other people linked to the academic community. Regular foreign students in undergraduate and graduate courses and exchange students can also use Cecom.

Services offered:

- Medical and dental appointments (by appointment).

For more information access [link](#)

- Emergency care in case you are sick / not feeling well

You must arrive at Cecom between the following times:

Morning period: 07:00 to 11:00

Afternoon period: 13:00 to 17:30

First, you will undergo a screening service with the nursing team. This service is done in order of arrival and has a limited number of calls.

After going through the triage, you have to wait for medical care, but the order of care is in order of clinical severity (first the most serious and urgent cases) and no longer by order of arrival.

- Emergency dental care:

Cases treated are those of pain, discomfort or trauma.

Service from 7:00 am to 6:00 pm on a first-come, first-served basis.

- Vaccines

Vaccines are used as a means of preventing infectious and contagious diseases to reduce the risk of occupational exposure, prevent disease outbreaks or epidemics in the workplace and on the university campus in general.

To take the available vaccines, it is necessary to make a prior appointment.

For more information on available vaccines and how to make an appointment, visit [link](#)

- VIDAS Service – Internal Health Care Vehicle

Ambulance for rescue and pre-hospital care for urgencies and health emergencies, whether traumatic, accident-resulted, or clinical.

Open 24 hours a day, including weekends and holidays.

Service is provided on the campus of Barão Geraldo, CPQBA and Student Housing.

Calls can be made at telephone number 19-3521-6000 or extension 1-6000 (when calling from a landline from within UNICAMP).

Cecom opening hours: Monday to Friday, from 7 am to 7 pm

Cost: Free

For more information about CECOM, visit [site](#)

Address: R. Alexander Fleming, 101 – Cidade Universitária, Campinas/SP



CAISM - Women's Hospital Prof. doctor José Aristodemo Pinotti

CAISM has an Emergency Service structure for the areas of gynecology and obstetrics.

Operation: Every day – 24 hours

Cost: Free

For more information about Caism, visit [site](#)

Address: R. Alexander Fleming, 101 - Cidade Universitária, Campinas - SP



UNICAMP Clinical Hospital – HC

UNICAMP's HC is a large hospital, reference in several medical specialties. The Referenced Urgency and Emergency Unit (UER) is the hospital's emergency room and serves not only UNICAMP students and employees, but also the entire population of Campinas and neighboring municipalities. For this reason, it is recommended to go to the HC on weekends, when Cecom is not working, or in more serious cases.

Operation: Every day – 24 hours

Cost: Free

For more information about HC, visit [site](#)

R. Vital Brasil, 251 – Cidade Universitária, Campinas/SP



2. Other free health services

Health Center of Barão Geraldo “Attílio Vicentin”

It offers medical care in basic specialties (clinicians, pediatricians, gynecologists-obstetricians), dental and nursing care and application of vaccines.

Opening hours: Monday to Friday, from 7 am to 7 pm

Cost: Free

For more information about the Barão Geraldo Health Center, visit [centros de saúde](#)

3. Private health services (paid)

Campinas Medical Center (CMC)

Site

Rua Dr. Edilberto Luiz Pereira da Silva, 929 - Cidade Universitária - Campinas/SP (about 2.5 km from UNICAMP)

Hospital Renascença Campinas

Site

Avenida Barão de Itapura, 1444 Jardim Guanabara, Campinas/SP (about 10.6 km from UNICAMP)

Hospital PUC-Campinas

Site

Av. John Boyd Dunlop, S/N - Jardim Londres, Campinas/SP (about 20.9 km from UNICAMP)

For other private hospitals in Campinas, visit [Campinas Hospitals list](#)

Useful phone numbers

Military Police: 190

City Guard: 153

Firefighters: 193

Samu: 192 (Emergency Medical Service, rescue ambulances and transport of patients in urgent and emergency situations).

Women's Police Station: 3242-5003

Police Station – 7th Police District of Barão Geraldo: 3289-8867 / 3289-1088

Other important telephone numbers, visit [telefones úteis](#)

Panic Button

Application used to activate the UNICAMP Security Center or the Vidas Service in emergency situations. UNICAMP Campus coverage area, CPQBA, Student Housing and LUME.

To download the app, go to: [link](#)

DERI

DERI may not directly help in most cases of physical and sexual violence, racism, theft and robbery, but it can be a gateway to any type of difficulty or problem you may have during your exchange at UNICAMP. So, whenever you want or need to talk, vent, ask questions or seek help for any problem, contact us. If we can't help, at least we'll guide you to who can.



DERI - International Office

R. Josué de Castro, 120 - Cidade Universitária, Campinas - SP, 13083-861

Telefone: (19) 3521-4748

derime@unicamp.br

anapfont@unicamp.br (Ana Paula Fontana, Student Mobility Coordinator)

UniIn

Group of volunteer students from the university that supports foreign students throughout the exchange period.

E-mail – uniin@unicamp.br

[Facebook](#)

[Instagram](#)

[Whatsapp](#)





DERI
DIRETORIA EXECUTIVA
DE RELAÇÕES INTERNACIONAIS

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