

SP23 - Dr. Melissa Jajko

Date	Activity/Note for Exertion Level
Day 1 April 24, 2023	<p>MORNING</p> <ul style="list-style-type: none"> •Arrival at São Paulo International Airport (Campus B representative will be at the airport to meet the group) •Transfer to the hotel/check-in <p>AFTERNOON</p> <ul style="list-style-type: none"> •In-country orientation session: 30-minute session presented by Campus B coordinator to review program itinerary, safety & cultural tips •Walking tour near the hotel at Paulista Avenue <p>EVENING</p> <ul style="list-style-type: none"> •Welcome dinner at a traditional Brazilian steakhouse, included (all dietary restrictions will be taken into consideration)
Day 2 April 25, 2023	<p>MORNING</p> <ul style="list-style-type: none"> •Opening lecture with Professor Arlindo Lourenco on the Brazilian Public Health System & Psychological Support within the Brazilian Prison System <p>AFTERNOON</p> <ul style="list-style-type: none"> •Activity with Brazilian graduate students/researchers from University of São Paulo (USP), PUC-SP or UNIFESP <p>EVENING</p> <ul style="list-style-type: none"> •Visit to Hotel Unique Rooftop for an unforgettable view of São Paulo's skyline <p>Exertion level 2 (approx. 30-minute walk to/from activities with use of transportation)</p>
Day 3 April 26, 2023	<p>MORNING & AFTERNOON</p> <ul style="list-style-type: none"> •Service-Learning Experience: spend the day participating in activities at Projeto Quixote, a non-profit organization connected to the Department of Psychiatry of the Federal University of São Paulo that aims to help at-risk youth <p>EVENING</p> <ul style="list-style-type: none"> •Enjoy Vila Madalena (optional) <p>Exertion level 2 (approx. 60-minute walk to/from activities with use of transportation)</p>
	<p>MORNING</p>

<p>Day 4 April 27, 2023</p>	<ul style="list-style-type: none"> •Visit to Coordination of Social Reintegration and Citizenship, a section of the Secretariat of Penitentiary Administration, responsible for promoting actions for the re-socialization of prisoners and ex-prisoners from the São Paulo penitentiary system <p>AFTERNOON</p> <ul style="list-style-type: none"> •Visit to Training, Improvement, and Employability Group (promotes actions to increase the professional qualifications of prisoners). Projects included workshops in bakeries, urban agriculture, and maintenance of public schools <p>EVENING</p> <ul style="list-style-type: none"> •Free evening <p>Exertion level 2 (approx. 90-minute walk to/from activities with use of transportation)</p>
<p>Day 5 April 28, 2023</p>	<p>MORNING</p> <ul style="list-style-type: none"> •Hotel check-out •Private transfer to the airport (flight to Rio de Janeiro, approx. 1 hour, included) •Arrival in Rio de Janeiro, transfer to hotel, and check-in <p>AFTERNOON</p> <ul style="list-style-type: none"> •Rio Cultural Tour (Escaderia Selaron, Rio Downtown, and Maua Pier) <p>EVENING</p> <ul style="list-style-type: none"> •Free evening <p>Exertion level 2 (walking through airport; private transportation to/from hotel; approx. 90-120 minutes of walking as part of Rio Cultural Tour, which may involve slight hills and unpaved paths)</p>
	<p>MORNING</p>

<p>Day 6 April 29, 2023</p>	<ul style="list-style-type: none"> •Meeting with Rio de Paz/Peaceful Rio (NGO). Rio de Paz is an organization directly involved with the reduction of crime and assistance of the most vulnerable and impacted communities in Rio. <p>AFTERNOON</p> <ul style="list-style-type: none"> •Meet with Conceição Chagas Collective, created by Afro-Brazilian psychologists to bring awareness and reflection of racism <p>EVENING</p> <ul style="list-style-type: none"> •Visit to Salt Stone, considered the birthplace of Samba music <p>Exertion level 2 (approx. 90-120 minutes of walking to/from activities with use of transportation)</p>
<p>Day 7 April 30, 2023</p>	<p>MORNING</p> <ul style="list-style-type: none"> •Visit to Christ the Redeemer <p>AFTERNOON</p> <ul style="list-style-type: none"> •Capoeira Workshop (national martial art) <p>EVENING</p> <ul style="list-style-type: none"> •Suggested visit to Lapa neighborhood (or activities TBD) <p>Exertion levels 3 & 4 (approx. 120 minutes of walking to/from activities; exertion level 4 at Christ the Redeemer Statue due to high number of stairs to climb; Optional participation at the Capoeira workshop that involves full body movements)</p>
<p>Day 8 May 1, 2023</p>	<p>MORNING</p> <ul style="list-style-type: none"> •Visit to Ipanema’s Traditional Street Fair <p>AFTERNOON/EVENING</p> <ul style="list-style-type: none"> •Optional activity: soccer match <p>Exertion level 2 (90-minute walk to/from activities)</p>
	<p>MORNING</p> <ul style="list-style-type: none"> •Meeting with Favela Connection and Patota do Galo Conversations with Gabriel Abreu from the Favela

<p>Day 9 May 2, 2023</p>	<p>Conversations with Gabriel Adreu from the Favela Connection and Adailton from Patota do Galo Carnival Drum school about life and challenges in the Cantagalo Favela community</p> <p>FREE AFTERNOON</p> <p>EVENING</p> <ul style="list-style-type: none"> •Farewell dinner at a traditional Brazilian restaurant (all dietary restrictions will be taken into consideration) <p>Exertion level 2 (90-minute walk to/from activities with use of transportation)</p>
<p>Day 10 May 3, 2023</p>	<p>FREE MORNING</p> <ul style="list-style-type: none"> •Hotel check-out <p>AFTERNOON</p> <ul style="list-style-type: none"> •Private transfer to the airport •Return flight <p>Exertion Level 2 (light walking, approx. 30 minutes, with use of transportation)</p>



Location

São Paulo

São Paulo

São Paulo

São Paulo

Rio de Janeiro

Rio de Janeiro

Rio de Janeiro

Rio de Janeiro

Rio de Janeiro

Rio de Janeiro and Return Flight