

# Sports and Physical Education in Brazil

## Day 1 -

**ARRIVAL:** São Paulo International Airport/Transfer to the Hotel - Welcome to Brazil! For now on, relax and let us take care of everything to make sure you'll have an amazing experience.

- **HISTORICAL CITY TOUR** - São Paulo is home to a population of nearly 12 million inhabitants, being the largest city in South America and cultural reference both for its art market as the ethnic diversity that confers to São Paulo its cosmopolitan character. Besides, the city hosts every year the oldest and most prestigious street race in Brazil: the São Silvestre Race.

## Day 2 -

- **LECTURE AT A UNIVERSITY:** An Overview of the Sports Picture in Brazil

- **VISIT TO THE FOOTBALL MUSEUM** - Way more than just the Sport itself, the theme on the Football Museum has also to do with Brazilian people. Let's enter into the magic of an English, white and elitist sport that has little by little been gaining new features: it has become Brazilian, popular and mestizo, one of the most well-known cultural manifestations in our country. Visiting the Football Museum means to experience Brazil from the XX century and to realize how habits and behaviors are very close to the journey the sport has passed through.

## Day 3 -

- **VISIT TO AN EXAMPLE OF PROJECT DESIGNED BY THE GOVERNMENT TO SUPPORT AND ENCOURAGE SPORTS** - i.e. Community Sports Program (São Caetano do Sul City Hall) - This project is put into practice by the Government of São Caetano do Sul, in the metropolitan region of São Paulo. The work serves 20,000 residents, including children, youth, adults and seniors. Lessons in 40 sports (athletics, basketball, checkers, gymnastics, soccer, volleyball, basketball, football, taekwondo, table tennis, judo, etc.) and in leisure parks (physical orientation classes, gymnastics, etc) are some activities promoted by the PEC.

- **VISIT TO INTERLAGOS RACETRACK** - Autódromo José Carlos Pace, also known by its former name Interlagos, is a motorsport circuit located in the city of São Paulo, renamed after Carlos Pace, a Brazilian Formula One driver. It is well known for being the venue of the Formula One Brazilian Grand Prix.

## Day 4 -

- **VISIT TO A FOOTBALL TEAM HEADQUARTER** - As in the rest of Brazil, football is the most popular sport. The city's major teams are Corinthians, Palmeiras and São Paulo FC. Portuguesa is a medium club and Juventus and Nacional are two small clubs. São Paulo was one of the host cities of the 2014 FIFA World Cup, for which Brazil was the host nation. The Arena Corinthians was built for the event and hosted six matches, including the opening.

- **VISIT TO IBIRAPUERA PARK** - Ibirapuera is a major urban park in São Paulo, Brazil. It has a large area for leisure, jogging and walking, as well a vivid cultural scene with museums and a music hall. Its importance to São Paulo is often comparable to that of Central Park to New York City, Golden Gate Park to San Francisco, or Ueno Park to Tokyo. Ibirapuera is one of South America's largest city parks, and, recently, it has been considered as one of the 10 best urban parks in the world.

## Day 5 -

- **FLIGHT TO RIO DE JANEIRO (RJ)**

- **VISIT TO MARACANÃ STADIUM** - Matches here rate among the most exciting in the world, particularly during a championship game or when local rivals Flamengo, Vasco da Gama, Fluminense or Botafogo go head-to-head. The stadium underwent a staggering R\$900 million upgrade in preparation for the 2014 World Cup.

## Day 6 -

- **VISIT TO A MEDIA GROUP WITH SPORTS COVERAGE** - i.e. Globo - Globo is the largest commercial TV network in Latin America and the second-largest commercial TV network in annual revenue worldwide just behind the American ABC Television Network and the largest producer of telenovelas.

- **CAPOEIRA WORKSHOP** - Capoeira is a Brazilian martial art that combines elements of dance, acrobatics and music. It was developed in Brazil mainly by West African descendants with native Brazilian influences. It is known for quick and complex moves, using mainly power, speed, and leverage for a wide variety of kicks, spins, and highly mobile techniques.

## Day 7 -

- **FAVELA CONNECTION:** Cantagalo is a pacified community located between Copacabana and Ipanema, full of culture, history and a beautiful view of the city. Get to know how 22% of the inhabitants in Rio de Janeiro live.

- **BEACH TIME/FREE TIME** - The state of Rio de Janeiro is the one of the longest coasts of Brazil, being the city itself home to some of the most famous beaches in the world, as the Copacabana beach, Ipanema beach and Barra da Tijuca beach.

## Day 8 -

- **HISTORICAL CITY TOUR** - Major route of international tourism in Brazil, Latin America and the Southern Hemisphere, Rio de Janeiro is the most famous Brazilian city in the international picture, working as a national "portrait". Due to its huge importance, the city was capital of the country until 1960, when the position was transferred to Brasilia. It's worth emphasizing, in 2012, part of the city was classified as Humanity's Cultural Heritage by UNESCO.

- **VISIT TO CHRIST THE REDEEMER STATUE** - Inaugurated in 1931, the statue is one of the 7 New Wonders of the World. Trying to describe the magnitude and the beauty of this monument is useless: you need to visit to understand. The view speaks for itself.

## Day 9 -

- **TRAVEL TO SAQUAREMA**

- **VISIT TO THE VOLEIBALL CENTER OF DEVELOPMENT** - The city of Saquarema was chosen by the Brazil national volleyball team to be home to the main center for athletes of the Brazilian Volleyball Confederation.

- **VISIT TO THE SAQUAREMA SURF ASSOCIATION** - Surfing is the major sport in Saquarema, known as the surf capital of Brazil. For its famous waves, the city has received the Quiksilver Pro Surf Tournament several times.

- **TRAVEL BACK TO RIO DE JANEIRO**

## Day 10 -

- **LECTURE AT A UNIVERSITY** - How are international sports events taking place in Brazil changing the sports picture in the country?

- **WORKSHOP** - i.e. Beach Volleyball, Beach Football - Brazil is the country of beautiful beaches and endless summer. Thus, it is not surprising we have adapted many sports to be practiced in the seashore sands.

## Day 10 -

- **RETURN FLIGHT** - Tchau! We hope to see you again soon! If you loved this experience as much as we did, you'll probably understand the meaning of the portuguese word "Saudade".