



BRAZIL: CAPOEIRA COURSES

Sun, Samba, Energy, Capoeira, Music, Laughter and the fabulous and lavish Carnival ... 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.
- 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.
Price	For up-to-date prices, please check our website www.travellersworldwide.com
What's included	► Accommodation ► Breakfast ► Meeting you at the Airport ► Transfer to your accommodation ► Transport to and from your project ► Course fees and Materials ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support.
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:

Capoeira is not only a martial art, a dance and an art form steeped in Afro-Brazilian culture... Capoeira is a language, a form of self expression and an avenue which will help you to find a new freedom inside yourself. It's also the perfect way to get to grips with a deep understanding of Brazilian culture. If you enjoyed running about as a child, flipping upside down, jumping around and playing games with your friends, you will love Capoeira. The basic moves are simple and with a little practice they are easy to learn.

Born of oppression and slavery in Brazil, the unique style of Capoeira brings beauty and power together, developing mental balance, physical conditioning, self-defence, music and a profound sense of art. The music dictates the way the game or jogo (jo-go) will be conducted.

Capoeira is a discipline that requires great flexibility, strength, rhythm and physical control based upon the principles of spontaneity, energy, interaction and trickery. Yet capoeira is also about freedom, the freedom to move, to interact, to communicate and to be, without limitations.

Capoeira teaches you about yourself and about life from its own unique perspective. Capoeira is extremely social and you will meet many interesting people through this art.



The Capoeira Programme

Capoeira possesses a unique style which brings beauty and power together with developing mental balance, physical conditioning, self-defence, music and a profound sense of art. It is the music that conducts the way the game or jogo (jo-go) will be conducted. A different rhythm calls for a different speed and type of game. The lyrics, traditionally in Brazilian Portuguese, also dictate game characteristics.

A History - The history of Capoeira is in part a charade and full of mandinga (secrets/deception), much like the actual jogo de capoeira.

In the 1500's the Portuguese arrived in Brazil and subjugation of the local population began. The indigenous Indian population quickly perished under Portuguese rule. As a result the Portuguese brought in hundreds, even thousands, of Africans as replacements. Of the African slaves shipped in to Brazil there were three main groups; the Sudanese, the Mohammedanized Guinea-Sudanese and the 'Bantu' group. The Bantu Group brought with them their own culture – a culture based in the body, mind, heart and soul, passed down through generations – because of this strong cultural history, it is believed that the Bantu group first initiated the birth of capoeira.

Around 1814, Capoeira suffered repression and was prohibited by the slave masters. In 1888, the Golden Law was signed abolishing slavery, but the newly freed slaves could not find a place for themselves within the society, the capoeiristas quickly descended into criminality and capoeira followed along with them. Criminal gangs formed and terrorised people, the gangs were used by monarchists and republicans against their adversaries.

In Bahia, capoeira was still being developed into a ritual-dance-fight-game, and the berimbau was used to command the rodas (ho-da). For the criminals in Rio they had become experts in the use of kicks (golpes), sweeps (rasteiras) and head-butts (cabeçadas) as well as the use of blade weapons. The art was slowly extinguished everywhere except Bahia. This is when legendary figures made their appearances.

The two central figures in the twentieth century were without doubt Mestre Bimba and Mestre Pastinha. Modern Capoeiristas aim for what these men were or represented, both are legends and considered the heart, soul, spirit and essence of the martial art. It was in 1932, in Salvador that Mestre Bimba opened the first ever capoeira academy. He began teaching 'the regional fight from Bahia' now known as capoeira Regional. With this opening a new era of capoeira began, as the game was taught to the children of the upper classes of Salvador.

In 1941, Mestre Pastinha opened his capoeira Angola school, this was the first time that it was practised and taught openly in a formal setting. Because of his noble sayings he became known as the 'Philosopher of Capoeira'. Unfortunately government authorities had the academy confiscated. The last years of his life were sad, he was blind, abandoned and lived in a small room until 1981 when he died at the age of 92.

Over the last fifty years capoeira has grown hugely, competitions and academies are surfacing everywhere, and in 1974 it became recognised as a national sport in Brazil which meant the creation of a National Federation of Capoeira.

Styles Practised

There are two forms of capoeira, Angola (an-goal-la) and Regional (hey-zion-al). Angola is the original form - the regional style developed later on. Angola is slower paced, apparently relaxed and close to the ground, with subtle yet cunning moves and much longer games. The Angoleiros (players) squat quietly, waiting for their turn; they traditionally wear yellow and black clothing and shoes. For this style they use a group of three berimbaus, two pandeiros (tambourines), an atabaque, a reco reco and an agogô.

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The Regional style is faster paced with more dynamic, acrobatic, yet much shorter games. Regionals stay mainly erect and throw faster attacks, with more jumps, the other regionals stand whilst waiting for their turns they clap to the rhythm of the music, regionals wear white clothing. This style utilises a group of one berimbau and two pandeiros (tambourines).

Work Content.

You will be enrolled to study Capoeira with 'Associação Centro de Capoeira Angola do Rio de Janeiro – ACCARJ', in Rio de Janeiro, Brazil.

The ACCARJ is located in the 'Catete' area of Rio de Janeiro, within a 5 minute-walking distance away from your accommodation, and the space is open to any beginner in Capoeira, or true 'angoleiro' that wishes to participate, furthering the work of Capoeira Angola. Its purpose, then, is to make the space available, as well as unite and receive 'angoleiros' from Brazil and abroad, promoting and spreading Capoeira Angola. This work is currently being done by the group's members through classes, presentations, events, and workshops. The groups that participate in the Association is C.C.A.R.J. are authentic representatives of Capoeira Angola. They come from the same root, planted by 'Mestre Pastinha' through the work of 'Mestre Moraes'.



Each group is represented by its Master or Countermaster, maintaining autonomy in relation to other groups.

Grupo Muzenza teaches the art of Capoeira 6 hours-a-week, with the time split down into three sets of two-hour lessons. The teaching style is focused, but informal, and revolves around the old adage that practice makes perfect. Lessons will be held by Master Cid, Master Burguês, or one of their highly experienced assistant teachers. The lessons are held in big gymnasium in Niterói city (just outside Rio) although sometimes you might move out to Icaraí beach, which is 10 minutes walk from the gym, for a lesson under the sun!

In addition, some students may from time-to-time be lucky enough to have the opportunity of gaining their first Capoeira belt – the grey belt. To be gain a belt you must take part in a grading event - 'The Batizado' - involving the participation of many masters from all over Brazil.

Certificates are issued on each new level or belt achieved. If you are on a three month course then you will normally have the opportunity to take part in an event known as 'Batizado'. Here you will have the opportunity to participate alongside many masters of Capoeira some who come from all over Brazil. The first level or belt which you achieve will be the grey. For each new level or belt achieved a certificate will be issued.

The Batizado events are held sporadically throughout the year in various different locations in Brazil. The admission fee to participate in the Batizado event is included within your placement cost.

(Please note that all costs (excluding entrance fee) in attending the Batizado event, such as Transport and accommodation are not included within your placement cost and will have to be paid by the attendee.)

Beginner? – YES YOU CAN!

Capoeira is good for everyone. The first time you experience capoeira (probably as an open mouthed passer-by on a sunny afternoon somewhere), it seizes you. Its intoxicating energy, skill and beauty captures your attention and stays in your imagination until the next time. It also strikes as intimidating and something that you yourself could never do. This is not true! If you liked running about as a child, going upside down, jumping around and playing games with your friends, you will love capoeira. The basic moves are simple and with a little practise they are easy to learn.

You don't need to be particularly fit, flexible or have any background in martial arts or dance to learn capoeira. All that you need for capoeira, capoeira will teach you. You don't even have to be a typically 'sporty' kind of person, as capoeira really isn't much like the average sport. All that you need right now is intrigue and that small voice inside you quietly saying to you... I could do that

Let capoeira change your life. Let it happen in the sunny hedonism of a country beating with the sacred rhythm of the berimbau. Allow the freedom in!

If you have any doubts about whether Capoeira would be for you, please don't hesitate to chat to us. Elizabeth, our UK Project Co-Ordinator is a Capoeira fanatic herself and would be happy to chat to you about the sport, what's involved, or whether it'd be suitable for you. Fabio, our Rio Organiser, is a Capoeira Teacher and we can provide his e-mail address if you'd like a word with him about his passion. We're a slightly biased team when it comes to Capoeira, and all pretty keen to get you booked onto this project so that you can experience this magical world for yourself!

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LOCATION:

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



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

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

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

ACCOMMODATION & FOOD:

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

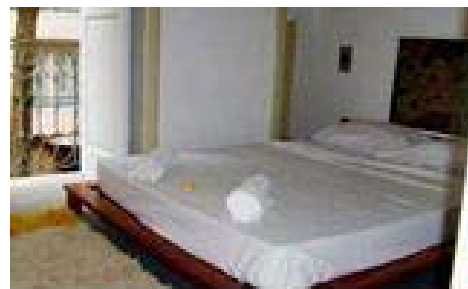
You will be staying in a dorm room in a brand new hostel which has been set up by an artist with a wish to create a hostel that is different to anything else in Rio. Set in a beautiful redeveloped building from the end of the 19th century, you will be surrounded by wonderful Brazilian art, dipping you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



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

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

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



VISAS:

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

FLIGHTS:

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

INDUCTION ON ARRIVAL:

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

COSTS:

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

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

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.

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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 tittle of Caipirinha all help secure that lively, happy vibe!

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

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

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

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

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

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

Carnival Balls are extreme, surreal and erotic events. There is various stages of undress, extravagant body painting, stickered tattoos, fishnets and spandex involved! Hypnotic music, grinding movements and beautiful ladies of the night



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ving 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 bob along behind.

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

THINGS TO DO IN: BRAZIL

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

- **Amazonia National Park:** The Amazon covers an impressive 7 of Brazil's 27 states and almost 40% of the total land mass. If you have the time, its a must see for the wildlife, climbing, trekking or lazy days spent traveling by boat along the river.
- **Iguaçu Falls:** Sometimes described as being one of the 7 natural Wonders of the World! The falls have 275 separate cascading waterfalls, above which you'll see a glistening rainbow coloured mist. Simply spectacular!
- **Rio de Janeiro:** Rio is infamous, for its sun, sea and surf. As a city, it's friendly, chaotic, laid back and exciting! On top of the beach scene, Rio's the cultural and educational heart of Brazil, with many art galleries, museums, theatres, and dance halls where you can learn to Samba like the locals!
- **Recife:** Located on the north eastern coast of Brazil, Recife is well known for the cannals and connecting bridges that criss-cross the city - a picturesque city and a famous tourist destination. There are many great beaches in this region and the cuisine is entirely different from that of the south of Brazil, making it well worth a visit.
- **Florianópolis:** With 42 beaches and a thriving surf, sun and water sport culture it's no surprise that Veja magazine, a Brazilian publication, named Florianopolis "the best place to live in Brazil." For more information about Travellers projects in Florianópolis, please [click here](#)
- **The Pantanal:** Considered one of the world's great wildlife reserves with the best fishing in South America. Visitors come to these wetlands for the bird watching - this region is teeming with birds and other wildlife.
- **Salvador:** Formerly Brazil's colonial capital city and once the slave centre of Brazil. Salvador's enchanting cobblestone streets give it the charm of a Roman city, yet with an African soul. A must see for the ornate churches and lively, vibrant atmosphere.
- **Sao Paulo:** Sao Paulo is HUGE!! Not only is this the most populous city in Brazil, but it is also the commercial centre, home to many big businesses and skyscrapers. Italian and Japanese immigrants have settled in the city, leaving a cosmopolitan atmosphere with some of the trendiest nightlife in the whole of Brazil.



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VOLUNTEER FEEDBACK:

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

Vera Tyler, Rio Portuguese student & volunteer

HOW TO BOOK:

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

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

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

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